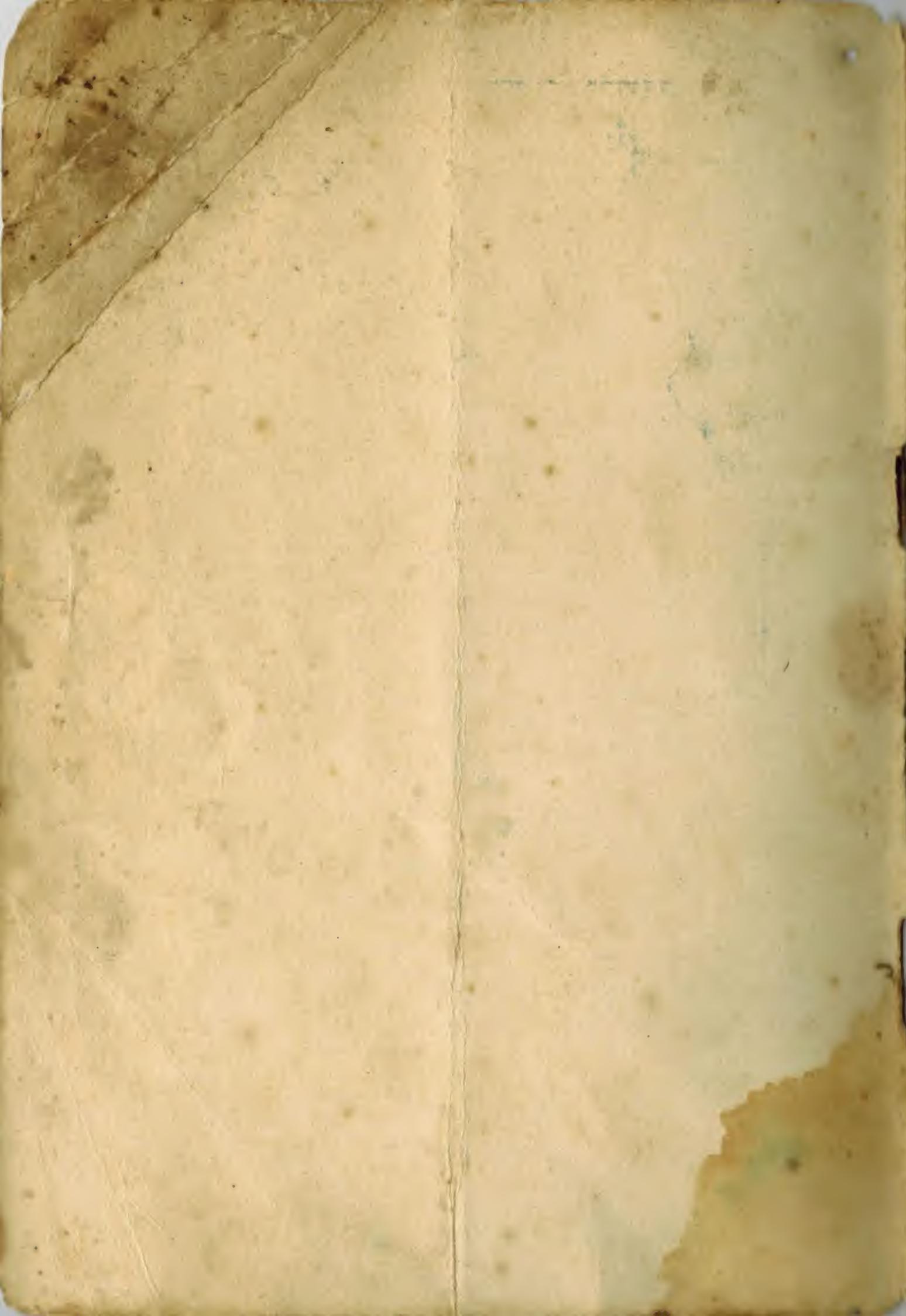


SARAH LEVER

# New Perfection Cook- Book





## Foreword



New Perfection Wick Blue Flame Oil Cook-Stove in the kitchen is a continued source of satisfaction. If installed in the summer, the comfort of being able to work without the heat of the range is what first commends its use to the housekeeper. Soon she discovers this to be only one of its desirable features. Not only can she prepare meals in comfort, but more easily and with better results.

Think of the convenience of always having an oven just right! This can always be the case with a New Perfection Oven, for by means of the easily adjusted burners, the amount of heat is absolutely under the control of the cook. The result cannot fail to be better food.

Good bread is the cook's pride and having once baked it in a New Perfection Oven, she will be loth to return to the use of the range, for the scientific construction of the oven insures a dry, even heat, which turns out a perfectly baked loaf with a crust of fine fibre which holds the moisture in the loaf and causes it to keep fresh longer than when baked the old way.

Through the glass door of the oven, the cook can watch her bread and cake without continually opening the door, and the convenient height of the oven does away with the discomfort of kneeling and receiving a

blast of hot air in the face while peering into a dark range oven.

A similar satisfaction is experienced when cooking directly over the flame. The heat is started when wanted—the full amount may be turned on in an instant and stopped as quickly.

With the use of the New Perfection Broiler, a cut of which is given on page 28, meats may be broiled as satisfactorily as when cooked over the coals, a feat never before accomplished on an oil cook-stove.

Since everything can be cooked well, some things better and all things more easily by its use, the New Perfection Oil Cook-Stove proves to be a perfect substitute for the coal range in all instances when the range is not required for purposes of heating. Even when a range fire is started in the fall, the cook who has become accustomed to the convenience of a New Perfection Oil Cook-Stove is sure to continue its use for many things.

For the convenience of all who use the New Perfection Oil Cook-Stove, this little book of recipes, giving full directions for the preparation and cooking of each dish, is offered. The "best recipes" of fifteen experienced cooks are presented in the collection, and, with a few exceptions, all have been tested in a household which uses the New Perfection Oil Cook-Stove exclusively.

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# Directions and Suggestions

FOR USING

## Nos. 1, 2, 3, 20, 25 and "Junior" New Perfection Wick Blue Flame Oil Cooking Stoves

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While the operation of these stoves is generally like that of a lamp, and quite as simple, there are differences that should be understood; and no one should undertake to light or operate a stove without first having read these Directions.

**Use a good grade of kerosene. Never use gasoline.**

### To Fill Oil Tanks of Nos. 1, 2 and 3 Stoves

Take upper tank off lower tank, turn it upside down, and unscrew nozzle.

After filling, replace nozzle, set tank in place with nozzle down in opening of lower tank. (Never pour oil into lower tank, as this changes oil level and burners will not work so well.)

Let the wick saturate for 5 minutes after filling the stove, before lighting for the first time.

### To Fill Oil Tanks of Nos. 20, 25 and "Junior" Stoves

Proceed as with ordinary lamp, filling tank through filler cap opening. A tube connecting the tanks of Double "Junior" permits them to fill simultaneously.

### To Light Burner

Open the door.

Turn the wick slightly above wick tube (about half-way between wick tube and under side of flame spreader allows

the wick to be lighted easily) and light in one or more places.

**NOTE.**—The wick will ignite more readily, if, while applying the lighted match, the flame spreader is slightly tilted. To tilt the spreader, lift up on small black latch at the bottom of burner.

**Before closing the door, turn down wick until flame burns without smoke.**

Close the door and allow the flame to encircle the wick.

Now the wick may be turned up to get a flame of the desired height, as shown in the cuts on opposite page, *i. e.*, low, medium, high and highest.

### **Character of Flame**

The lower flames will be generally blue with tendency to cream color.

With the larger flames there will be yellow points above the blue body of the flame, with a distinct blue line dividing the top of the blue flame body from the points. With the highest flame these yellow points will extend from one-half to one inch above the blue. The combustion with such flame is perfect and without smoke or odor.

Never turn the flame so high as to **lose the distinct blue line** between the blue flame body and the yellow points, as in such case the whole flame will become yellow and smoky, will tend to overheat the burner, and as a matter of fact will not heat the vessel so well as the flame with blue in it.

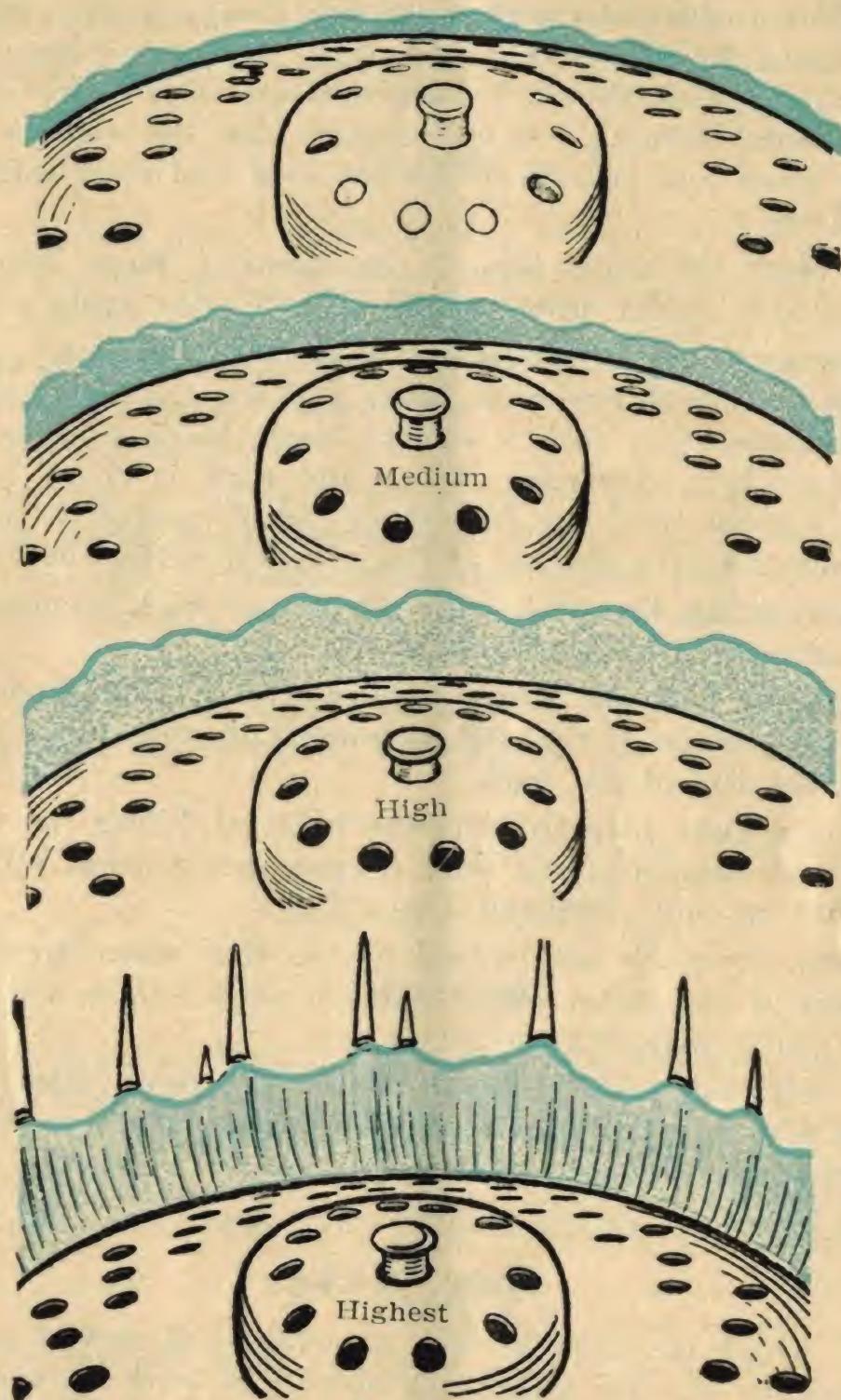
The best guide for determining the height of flame is the eye, and a short experience will show you the best way to operate the stove for the work in hand.

**Be sure that the wick does not touch the under side of the flame spreader after lighting.**

This is to be avoided because it prevents the air from passing up through the center tube and out through the space between top of wick and under side of spreader, resulting in a smoky flame and in the serious overheating of the burner.

**NOTE.**—The Flame Spreader is that portion of the burner which projects over the top of the wick.

## Size of Flame



## To Extinguish Flame

Turn wick slowly down as far as it will go.

## Cleaning Wick

Yellow streaks or roughness in the low or medium flames are caused by dirt or char on wick; and to produce best results, the wick should be wiped clean after every six or eight hours' burning. It is necessary that the wick be perfectly clean and smooth to get the best and most satisfactory flame.

To clean the wick, remove the chimney, flame spreader and outside collar upon which the chimney rests.

Now raise the wick slightly above the wick tube (practically level with the wick tube) and wipe it off from the center outwardly, with a smooth cloth, leaving no ragged points or loose threads. When the wick is clean, pat it down lightly with the fingers to get it perfectly smooth (the smoother the surface of the wick, the better the flame).

Never touch the wick with scissors or wick trimmer except to remove loose threads.

Do not allow the stove to burn dry, as each time this occurs a portion of the wick is burned off, materially shortening the life of the wick.

It is a good plan to form the habit of filling the upper tank each morning, and with proper care a wick will last at least an entire season.

When the wick has burned off, so that when turned up the top of the metal which holds it shows above the wick tube, a new wick is required.

If, with oil in the tank, the flame dies down after burning a few minutes, it is a sure indication that the wick is in the condition above indicated, and too short to reach down to the oil.

## New Wicks

To avoid the trouble and annoyance of rewicking, so common in the old style wick stove, the wick used in the New Perfection Stove is fastened in a metal holder or carrier, and is burnt off clean and smooth ready for use, and packed in a fibre can. When it becomes necessary to re-wick the stove, remove the old wick and carrier and throw

both away, replacing with a new wick and carrier. You cannot affix a new wick to the old carrier—do not try it.

These wicks are supplied by dealers at a nominal cost.

## Leaks

To guard against leaks, every stove is tested with air pressure and also filled with oil and operated before leaving the factory.

Sometimes excessive jarring and vibration in transit may loosen the burner joints or pipe cap and cause a slight leak at one of these points.

For leak at burner joint, simply tighten the set screw in the clamp which holds the burner to the feed pipe. A hole has been provided in the head of the set screw so that a nail of suitable size can be used as a wrench for this purpose.

Should a leak appear at the end of the feed pipe, the feed pipe cap should be tightened in the same manner.

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## SUGGESTIONS

### Broiling

Use highest flame. Time, 17 to 25 minutes, according to thickness of steak.

### Toasting

Rather low flame. Use toaster, resting on top of grate.

### Boiling

Use highest flame.

### Roasting

Use medium flame and allow 20 minutes for every pound of meat (60 minutes for three pound roast, 120 minutes for six pound roast, etc.).

## Baking

Have oven over flame about 15 or 20 minutes before using, so that it will be hot and ready for the work.

When baking small quantities place same on upper shelf and leave there until done. If using both shelves at once, change the baking from lower to upper and from upper to lower shelf when nearly done to bake evenly.

**Biscuits**—Require hot oven; use high flame; time, from 10 to 20 minutes.

**Cookies**—Require hot oven; use high flame; time, 6 to 10 minutes.

**Pies**—Medium hot oven; use medium flame; time, 17 to 30 minutes.

**Bread**—Rather slow oven; use medium flame; time, about 45 minutes.

## Perfection Iron Heating Plate

A Perfection Iron Heating Plate, and suitable lifter for handling it, are supplied with every stove without additional charge.

## Ironing

Use Perfection Iron Heating Plate provided with stove. Lay this plate on top of grate, with its smooth side up.

The plate will allow the use of three irons over one flame. Start with the highest flame, but watch closely until you are familiar with this plate, as the irons heat more quickly on it than over the open fire.

When using plate with two irons it is not necessary to shift irons to the center, as is the practice with an open flame.

Although this plate is designed especially for heating flatirons, it is very valuable in all kinds of cooking where a well distributed heat is desired, particularly when using thin pans or utensils of small diameter. For whatever used, it gives the greatest efficiency for the smallest oil consumption.

This is due to the great amount of heating surface on the bottom of the plate, it having 115 square inches of

surface. An ordinary cooking utensil has about 50 square inches at the bottom, and a medium sized sadiron about 15 square inches.

In order to get the highest efficiency, the top of this plate, which is polished smooth, should be kept clean, free from rust or any deposit caused by food boiling over on it.

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## HOW TO MEASURE.

With some exceptions, in which cases full directions are given, all measures indicated in the following recipes should be level measures.

In measuring liquids, take all the cup or spoon will hold; measuring dry ingredients, have the cup measures level with the rim, and with a knife level the spoon measures.

Use measuring cups of tin or glass, with the fractional divisions marked upon them; tablespoons and teaspoons of regulation size.

Flour should be sifted before measuring.

In recipes calling for baking soda and cream of tartar, if it is desired to substitute baking powder, note the amount of cream of tartar recommended and use double that amount of the baking powder.

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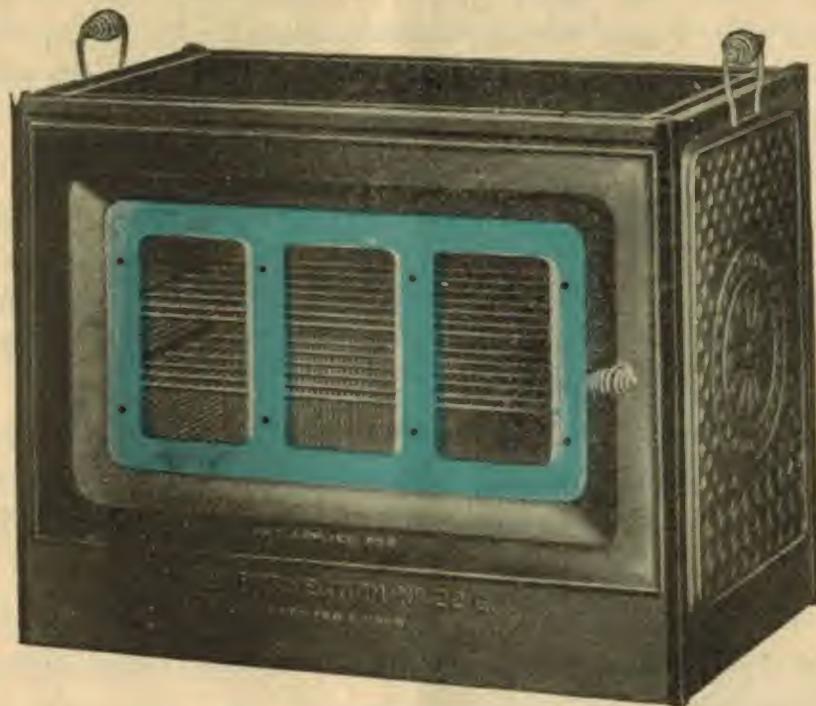
## TO COOK CEREALS.

Add boiling water and salt to cereals and cook in a double boiler. Finely ground cereals like wheat germ should be mixed with a little cold water just to prevent lumping.

To 1 cup rolled oats, use  $1\frac{3}{4}$  cups water; to 1 cup wheat germ and other finely ground wheat preparations, use  $3\frac{3}{4}$  cups water. Cook 30 minutes.

Mush left from breakfast may be moulded in greased cups or baking powder cans and sliced and browned in butter in a frying pan. Serve with maple syrup.

## New Perfection Steel Oven WITH GLASS DOOR



THE New Perfection Oven is scientifically constructed and will bake bread and pastry, and will roast meats better than any other oven; but, like other ovens, it should be thoroughly heated before it is used.

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## New Perfection Iron Heating Plate



THE New Perfection Iron Heating Plate is very useful in all cooking where an even heat under a saucepan is required. It is especially valuable when dishes of small diameter are used. By use of the heating plate, flatirons can be heated more quickly than over an open fire.

# Bread, Rolls, etc.

## BREAD

3 Pints bread flour.	1 Heaping tablespoon lard.
2 Rounding tablespoons sugar.	$\frac{3}{4}$ Yeast cake. Milk.
	1 Scant tablespoon salt.

Scald 1 pint milk and allow it to partially cool. Dissolve  $\frac{3}{4}$  yeast cake in a little lukewarm milk. Sift flour, sugar and salt together and work in lard with the finger tips. Add dissolved yeast and enough milk to make dough of right consistency to knead, adding cold milk if more than the pint of scalded milk is required. Knead until dough is smooth, elastic to the touch, and bubbles may be seen under the surface.

Place in a large bowl or a bread raiser; cover with clean cloth and board or tin cover. Let it rise overnight in a temperature of about 65° F. In morning, cut down with a knife and let it rise again to about double its size; then shape into loaves, place in greased pans, having pans nearly half full. Cover pans and let bread rise again to double its bulk, and bake over a low flame (just below medium).

Experience is the best guide for regulating the height of flame. Bread should rise during first 15 minutes, begin to brown and continue browning during the next 20 minutes and finish baking in 15 minutes more. When done, bread does not cling to pan and comes out easily. Bread can be baked successfully in the New Perfection Oven in less than the time given. It should never require longer.

## BROWN BREAD

1 Cup each of corn meal, rye meal and graham flour.	$\frac{3}{4}$ Tablespoon soda.
2 Cups sour milk.	1 Teaspoon salt.
	$\frac{3}{4}$ Cup molasses.

Mix meal, flour, soda and salt. Add molasses and milk, put in a buttered mould (1 lb. coffee cans will serve), and steam  $3\frac{1}{2}$  hours. Fill moulds only two-thirds full and cover tightly.  $1\frac{3}{4}$  cups sweet milk may be substituted for sour milk.

## QUAKER OATS BREAD

1 Cup Quaker Rolled Oats.	Scant $\frac{1}{2}$ cup molasses.
2 Cups boiling water.	1 Tablespoon lard.
Heaping teaspoon salt.	1 Yeast cake.
1 Quart sifted bread flour.	

Pour boiling water on oats, add molasses, salt and shortening. Let mixture stand until cool. Add  $\frac{1}{2}$  yeast cake dissolved in a little lukewarm water and flour. Knead, let it rise overnight, make into loaves; let rise again and bake.

## ROLLS

1 Pint milk.	1 Tablespoon sugar.
Butter size of egg.	1 Yeast cake.
$\frac{1}{2}$ Teaspoon salt.	Bread flour.

Scald milk and add butter, salt and sugar. When lukewarm, add yeast cake dissolved in a little lukewarm milk or water, and sufficient flour to knead. Let dough rise until double in size; knead again and roll to  $\frac{1}{2}$  inch thickness; spread with butter; cut with large biscuit cutter; fold; let rise again until double in size, and bake over a low flame.

## Biscuits, Breakfast Cakes and Shortcakes.

### BAKING POWDER BISCUIT

2 Cups flour.	1 Tablespoon butter.
1 Teaspoon salt.	1 Tablespoon lard.
4 Teaspoons baking powder.	$\frac{3}{4}$ Cup equal parts milk and water.

Mix flour, salt and baking powder and sift twice. Work in butter and lard with finger tips; add milk and water gradually, mixing with knife. When just stiff enough to be handled, turn on a well floured board and toss till well floured, but do not knead the dough. Pat with the rolling pin until dough is of one-half inch thickness. Shape with biscuit cutter and bake ten to fifteen minutes over highest flame. In case there is a tendency to burn on the bottom, lower the flame.

## SODA AND CREAM OF TARTAR BISCUIT

1 Quart of flour.	2 Teaspoons cream tartar
1 Teaspoon salt.	(rounding).
1 Even teaspoon pulverized soda.	1 Large tablespoon butter.

Sweet milk.

Mix and bake as Baking Powder Biscuit, using sufficient milk to make dough of right consistency.

## RYE OR GRAHAM MUFFINS.

1 Cup rye or graham flour.	1 Teaspoon salt.
1 Cup flour.	1 Cup milk.
2 Tablespoons sugar.	1 Egg.
1 Tablespoon melted butter.	4 Teaspoons baking powder.

Mix and sift dry ingredients; add milk gradually, egg well beaten, and butter. Bake over a rather high flame in previously heated and buttered iron gem pans, or in muffin pans, twenty-five minutes.

## CORN CAKE OR CORN MUFFINS

$\frac{3}{4}$ Cup corn meal.	4 Teaspoons baking powder.
1 $\frac{1}{4}$ Cups flour.	1 Cup milk.
$\frac{1}{4}$ Cup sugar.	1 Egg.
$\frac{1}{2}$ Teaspoon salt.	1 Tablespoon butter.

Mix and sift dry ingredients; add milk, egg well beaten, and butter; bake in a shallow buttered pan or in muffin pans, 20 minutes, over highest flame. If oven proves too hot, lower the flame.

## SPIDER CORN CAKE

$\frac{3}{4}$ Cup corn meal and flour to fill the cup.	$\frac{1}{2}$ Teaspoon salt.
1 Cup sweet milk.	$\frac{1}{2}$ Teaspoon soda (scant).
$\frac{1}{2}$ Cup sour milk.	1 Egg.
1 Tablespoon sugar.	1 Tablespoon butter.

Mix meal, flour, salt, sugar and soda. Beat the egg; add  $\frac{1}{2}$  of the sweet milk and all of the sour milk. Stir this into the dry mixture. Melt the butter in a hot spider and pour the mixture into it. Pour the remaining  $\frac{1}{2}$  cup

of sweet milk over the top, but do not stir it in. Bake 20 minutes. Start with highest flame, and reduce to medium or lower in case there should be a tendency to burn.

## BLUEBERRY CAKE OR MUFFINS

1 Cup sugar.	$\frac{1}{2}$ Cup milk.
2 $\frac{1}{2}$ Cups flour.	1 Egg.
1 Teaspoon soda.	Butter size of an egg.
2 Teaspoons cream tartar, slightly rounding.	1 Pint blueberries.

Mix and sift dry ingredients, reserving  $\frac{1}{2}$  cup flour to mix with berries. Work in butter; add milk gradually, egg well beaten, and blueberries mixed with reserved flour. Bake over a medium flame.

## STRAWBERRY SHORTCAKE

2 Cups flour.	2 Teaspoons sugar.
4 Teaspoons baking powder.	$\frac{3}{4}$ Cup milk.
$\frac{1}{2}$ Teaspoon salt.	$\frac{1}{4}$ Cup butter.

Mix dry ingredients and sift twice; work in butter and add milk gradually. Toss on a floured board and divide in two parts. Roll out and place in buttered Washington pie tins and bake 12 minutes over a high flame. Split and spread with butter. Allow from one to one and one-half boxes of strawberries to each cake. Sweeten the berries to taste, place on back of stove until warmed, crush slightly and put between and on top of shortcakes. Serve with or without whipped cream.

## APPLE TEA CAKE

1 Pint flour.	1 Tablespoon butter.
$\frac{1}{2}$ Teaspoon salt.	1 Egg.
3 Teaspoons baking powder.	1 Scant cup of milk.
A few grains of cinnamon.	5 Medium sized
2 Tablespoons sugar.	apples.

Mix and sift dry ingredients; work in butter; add milk gradually, and egg well beaten. Spread in well buttered baking pan. Cut apples in eighths or sixteenths and stick in the dough. Sprinkle sugar and a few grains of cinnamon over the top. Bake over a medium flame. Serve with butter.

## SOUR MILK GRIDDLE CAKES

$2\frac{1}{2}$  Cups flour.

$\frac{1}{2}$  Teaspoon salt.

2 Cups sour milk.

$1\frac{1}{4}$  Teaspoons soda.

1 Egg.

Mix and sift dry ingredients; add sour milk and egg well beaten. Drop by spoonfuls on a hot, greased griddle. When puffed and full of bubbles, turn and cook on the other side. Serve with butter and sugar, or butter and maple syrup.

## CREAM DOUGHNUTS

1 Cup sugar.

3 Eggs.

$\frac{3}{4}$  Cup cream.

$\frac{1}{4}$  Cup milk.

$\frac{1}{4}$  Teaspoon cinnamon.

1 Teaspoon soda.

2 Teaspoons cream tartar,  
slightly rounding.

$1\frac{1}{2}$  Teaspoons salt.

$\frac{1}{4}$  Teaspoon grated nutmeg.

Flour to roll.

Beat yolks of eggs; add sugar, cream, milk, soda, cream tartar, spices and salt mixed and sifted with part of flour, whites of eggs beaten until stiff, and flour to make a dough stiff enough to roll out. Shape and fry in deep fat. Doughnuts should come to the top quickly, cook on one side, then be turned and cooked on the other. If fat is too cold, doughnuts will absorb fat; if too hot, they will cook on the outside before sufficiently risen. Start with high flame and turn down if grease becomes too hot.

## Eggs.

### BOILED EGGS

To boil eggs, cover them with boiling water in a saucepan, set pan where it will keep hot, and let eggs remain 6 to 8 minutes for soft boiled, or 40 to 50 minutes for hard boiled.

### SCRAMBLED EGGS

To 5 eggs use  $\frac{1}{2}$  cup milk, salt, pepper and 2 tablespoons butter. Beat eggs slightly; add milk, salt and pepper, and pour into a hot frying pan in which the butter has been melted. Stir and scrape from bottom of pan, cooking until eggs are creamy. Use high flame.

## OMELET FOR FOUR PERSONS

4 Eggs.

$\frac{1}{2}$  Teaspoon salt.

4 Tablespoons hot water.

1 Tablespoon butter.

Pepper.

Beat yolks of eggs till thick; add salt, pepper and hot water. Beat whites of eggs until stiff and add to first mixture. Melt butter in frying pan, spreading it over bottom and sides. Pour in mixture and cook slowly until omelet is well puffed and a delicate brown on the bottom. If pan is placed upon a Perfection Iron Heater the omelet will brown very evenly upon the bottom. Use high flame.

## FRIED EGGS

Use pork, ham or bacon fat. Heat fat in frying pan, slip in eggs, cook on one side, then turn, and cook on the other; or if sufficient fat is used, it may be dipped over the eggs with a spoon and they may be cooked without turning. Use high flame.

## EGGS BAKED IN TOMATOES

Cut off top of perfect, ripe tomatoes, scrape out pulp, slip in eggs, sprinkle with buttered crumbs and bake over a low flame till crumbs are brown.

# Soups.

## CONSOMME

3 Lbs. beef from the round.

1 Carrot.

1 Turnip.

1 Onion.

1 Parsnip.

1 Red pepper.

1 Tablespoon whole cloves.

1 Tablespoon chopped parsley.

Celery (tough outside stalks may be used).

Cover the meat with 3 quarts water and let simmer for 4 hours. Add the other ingredients (scrape the carrot) and cook 1 hour. Strain and let stand overnight. Skim off the grease; clear, strain, and serve. Use high flame.

## TO CLEAR SOUP

Remove fat from stock and put amount to be cleared in a saucepan, allowing the white and shell of 1 egg to each

quart. Mix egg and shell with the cool soup stock, adding more seasoning if needed; beat well and set on stove over a medium flame. Stir until hot, to keep egg from settling. Let it boil 2 minutes; then lower the flame so that it will just simmer for 10 minutes. Remove scum and strain through a double thickness of cheesecloth over a fine wire strainer.

## BOUILLON

4 Lbs. lean beef from the middle of the round.	$\frac{1}{2}$ Cup each of carrot, turnip, onion and celery cut in dice.
2 Lbs. bone.	1 Tablespoon salt.
2 Quarts cold water.	4 Cloves.

Wipe and cut meat and bone into small pieces; add the water and heat slowly; simmer 5 hours over a low flame; add seasoning and vegetables and boil 1 hour. Boil down to 3 pints, strain, remove fat, and clear. Serve in cups.

## TOMATO SOUP

Boil a soup bone until meat will drop from bone. Take out meat and bones and skim off the grease. Add 1 can of tomatoes. Take a small onion and stick into it seven or eight cloves; add to the soup. Season with salt and pepper. Cook 1 hour over a low flame, then strain and serve.

## CREAM OF TOMATO SOUP

$\frac{1}{2}$ Can tomatoes.	1 Quart milk.
1 Small tablespoon sugar.	1 Slice onion.
$\frac{1}{4}$ Teaspoon soda.	4 Tablespoons flour.
$\frac{1}{4}$ Cup butter.	1 Teaspoon salt.
	$\frac{1}{8}$ Teaspoon pepper.

Scald milk with onion; remove onion and thicken with flour mixed with cold water until smooth enough to pour. Cook 20 minutes, stirring constantly at first. Cook tomatoes and sugar 15 minutes; add soda and rub through a strainer. Combine mixtures and strain into a heated dish over butter, salt and pepper. Use medium flame.

## CLAM BISQUE

25 Large clams in shells (alive).	2 Tablespoons allspice.
1 Large cup milk or cream.	2 Tablespoons flour.
2 Tablespoons butter.	Yolk of 1 egg.

Wash clams thoroughly; put in kettle with 1 pint boiling water and cook until shells open. Remove the clams and separate the dark part from the soft part and discard it. Chop clams finely and add them to the water in which they were cooked. Boil until thick and well cooked; then add allspice. Heat the milk. When ready to serve, pour milk into clam broth; add the well beaten egg yolks and a dash of red pepper, and strain.

## CREAM OF CELERY SOUP

1½ Pints milk.	2 Tablespoons butter.
1 Quart celery cut in pieces.	1 Slice onion.
2 Tablespoons flour.	1 Blade mace.
	1 Cup cream.

Boil celery in a quart of water 45 minutes. Boil mace, onion and milk together. Mash the celery in the water and add it to the boiling milk. Melt butter in a saucepan; add flour slowly until it thickens; cook 3 or 4 minutes, and add to boiling soup. This method of thickening soup with flour and butter cooked together is called binding it. Season with salt and pepper. Strain, and serve immediately, adding 1 cup of whipped cream after soup is in the tureen.

## CREAM OF POTATO SOUP

3 Potatoes.	1 Tablespoon chopped onion.
1 Pint milk.	1 Teaspoon salt.
1 Tablespoon flour.	Speck of white pepper.
1 Tablespoon butter.	1 Tablespoon finely chopped parsley.

Cook potatoes until soft; heat milk in double boiler with onion; drain and mash potatoes; add boiling milk and seasoning to mashed potatoes; rub all through strainer, and return to double boiler. Bind with butter and flour cooked

together according to directions given under Cream of Celery Soup; let boil 5 minutes, add parsley, and serve.

## BEAN SOUP

1 Pint dried pea beans.     $\frac{1}{2}$  Lb. salt pork cut in strips.  
3 Quarts cold water.     $\frac{1}{2}$  Medium-size onion cut fine.

Soak beans overnight in lukewarm water. In the morning drain and put in kettle with the cold water, salt pork, and onion. Cook over a low flame four hours, stirring often. Boiling water may be added at intervals if necessary to keep soup of right consistency. Season with salt and pepper.

## PEA SOUP

1 Cup dried split peas.                      1 Tablespoon butter.  
3 Pints cold water.                          1 Tablespoon flour.  
 $\frac{1}{2}$  Teaspoon sugar.                          Salt and pepper.

Soak the peas overnight. Drain, and put them on to boil in the cold water over a low flame, letting them simmer until they soften and dissolve. Add water as it boils away, to keep 3 pints of liquid in the kettle. Scrape from sides of kettle when necessary. Rub through a strainer and put on to boil again. Bind with butter and flour, according to directions under Cream of Celery Soup. Add salt and pepper; let it simmer 10 minutes over a low flame, and serve.

## CHICKEN SOUP

6 Cups of the stock in which  
a fowl has been boiled.  
 $\frac{1}{2}$  Carrot cut in dice.  
1 Sliced onion.  
Salt.    2 Stalks celery cut fine.  
 $\frac{1}{2}$  Bay leaf.  
 $\frac{1}{4}$  Teaspoon peppercorns.  
 $\frac{1}{3}$  Cup hot boiled rice.

Add seasoning to stock, heat gradually to boiling point, and boil  $\frac{1}{2}$  hour. Strain, and add rice. A tablespoon of lean, uncooked ham is sometimes added to the seasoning. When ham is used, omit salt. Use medium flame.

## Sea Foods.

### WAYS OF COOKING FISH.

**BOILING.**—Small haddock, cod or cusk are cooked whole in boiling, salted water, to which is added a little lemon juice or vinegar to keep the fish white. A frying basket is useful to place fish in, in the kettle. Large fish like salmon or halibut are cut in thick pieces and tied in a piece of cheesecloth before being placed in the kettle. If skin is not removed before serving, scald and scrape off the dark part. Cook until fish leaves the bone.

#### TIME-TABLE FOR BOILING FISH

Lobster .....	25 to 30 minutes
Cod and haddock (3 to 5 lbs.)	20 to 30 minutes
Bass or bluefish (4 to 5 lbs.)	40 to 45 minutes
Halibut (2 to 3 lbs.)	30 to 45 minutes
Salmon (2 to 3 lbs.)	30 to 35 minutes

Garnish haddock or halibut with slices of hard-boiled eggs and parsley, and serve with drawn butter, egg sauce, or Hollandaise sauce.

Garnish salmon with slices of lemon and parsley, and serve with any preferred sauce.

**BAKING.**—Clean fish and bake on a greased fish sheet in a dripping pan. In the absence of a fish sheet, strips of white cloth may be placed under fish by which to lift it from the pan.

#### TIME-TABLE FOR BAKING FISH

Bake thick cuts, weight 3 to 4 lbs.	45 to 60 minutes
Bake small fish .....	20 to 30 minutes

Use medium flame.

### BAKED HADDOCK

About four pounds is a good size to bake. Clean fish, sprinkle with salt, stuff, and sew. Cut four or five slits each side of the backbone and insert narrow strips of fat salt pork. Place in pan, sprinkle with a few grains of pepper, brush over with melted butter, dredge with flour, and place around fish small bits of pork. Bake 1 hour over a medium flame, basting as soon as fat tries out, and

every 10 minutes afterward. In case fish seems to bake too fast, lower the flame. Serve with drawn butter or Hollandaise sauce.

## BAKED BLUEFISH

Bake as haddock, omitting to insert pork in back. Baste with  $\frac{1}{3}$  cup butter melted with  $\frac{2}{3}$  cup water.

## BAKED MACKEREL

Remove head and tail. Split fish. Put in buttered pan, sprinkle with salt and pepper, dot over with butter and pour over  $\frac{2}{3}$  cup milk. Bake 25 minutes over a medium flame.

## BAKED HALIBUT with Tomato Sauce

Put 2 lbs. cleaned fish in baking pan, pour around it half the tomato sauce and bake 35 minutes, basting often. Use medium flame. Remove to hot platter, pour around remaining sauce and garnish with parsley.

## SAUCES FOR BAKED OR BOILED FISH

### TOMATO SAUCE

2 Cups tomatoes.  
1 Cup water.  
1 Slice onion.  
Cloves.

3 Tablespoons butter.  
3 Tablespoons flour.  
 $\frac{1}{2}$  Tablespoon sugar.  
Salt and pepper.

Cook tomatoes, water, onion, 3 cloves and sugar together 20 minutes. Melt butter, add flour and stir into the mixture. Add  $\frac{3}{4}$  teaspoon salt and a dash of pepper; cook 10 minutes and strain.

### DRAWN BUTTER

$\frac{1}{3}$  Cup butter.  
3 Tablespoons flour.  
 $1\frac{1}{2}$  Cups hot water.  
 $\frac{1}{2}$  Teaspoon salt.  
 $\frac{1}{8}$  Teaspoon pepper.

Melt half the butter; add flour mixed with seasoning and then hot water gradually. Boil 5 minutes and add remaining butter in small pieces.

## EGG SAUCE

Add 2 hard boiled eggs cut in slices to drawn butter, or add beaten yolks of two eggs and a little lemon juice to drawn butter.

## HOLLANDAISE SAUCE

$\frac{1}{2}$ Cup butter.	$\frac{1}{4}$ Teaspoon salt.
2 Egg yolks.	Few grains cayenne.
1 Tablespoon lemon juice.	$\frac{1}{3}$ Cup boiling water.

Wash butter with cold water and divide in three parts. Put first piece in saucepan with egg yolks and lemon juice; place this pan in a larger saucepan containing boiling water and stir with a wire whisk until butter is melted; add second piece of butter and, as it thickens, the third. Add water, cook 1 minute and add salt and cayenne.

## STUFFING FOR BAKED FISH

1 Cup bread and cracker crumbs.	$\frac{1}{4}$ Teaspoon salt.
$\frac{1}{4}$ Cup melted butter.	$\frac{1}{8}$ Teaspoon pepper.
$\frac{1}{4}$ Cup hot water.	Onion juice.

Mix ingredients, using only a few drops of onion juice.

## OYSTER STUFFING

1 Cup cracker crumbs.	$1\frac{1}{2}$ Teaspoons lemon juice.
$\frac{1}{4}$ Cup melted butter.	1 Cup oysters.
$\frac{1}{2}$ Teaspoon salt.	$\frac{1}{2}$ Tablespoon chopped parsley.
	$\frac{1}{8}$ Teaspoon pepper.

Mix seasoning and butter with crumbs. Remove tough parts of oysters; add soft parts to the mixture, moistening with 2 tablespoons oyster liquor.

## FRYING

Clean fish and dry it; sprinkle with salt, dip in meal, flour or crumbs, then in egg and again in flour or crumbs and fry in deep fat. Fish may be seasoned, rolled in meal and sautéed in a frying pan, using butter or pork fat.

Fry scallops, oysters and clams as fish, or dip them in batter and fry in deep fat. Use high flame.

## BATTER FOR OYSTERS OR CLAMS

2 Eggs.                       $\frac{1}{8}$  Teaspoon pepper.  
1 Teaspoon salt.            1 Cup bread flour.  
                                 $\frac{3}{4}$  Cup milk.

Beat eggs, add milk, flour, salt and pepper.

## SCALLOPED OYSTERS

1 Pint oysters.               $\frac{1}{2}$  Cup bread crumbs.  
4 Tablespoons oyster liquor. Salt and pepper.  
2 Tablespoons milk or cream.  $\frac{1}{2}$  Cup melted butter.  
                                1 Cup cracker crumbs.

Brown the crumbs slightly and mix them with melted butter. Sprinkle a thin layer of crumbs on bottom of shallow buttered baking dish; cover with oysters, sprinkle with salt and pepper; add half of oyster liquor and half of milk; repeat and cover top with remainder of crumbs. Bake 30 minutes over a medium flame.

## STEAMED CLAMS

Clams must be in the shell and must be alive. Wash thoroughly; put in large kettle, allowing  $\frac{1}{2}$  cup hot water to 4 quarts clams; cover closely and cook until shells partially open. Serve with individual dishes of melted butter. Add a small quantity of hot water to dishes and butter will float and keep hot longer. Use high flame.

## FISH BALLS

1 Cup salt fish picked fine or  
cut with scissors.              1 Egg.  
1 Pint potatoes.                 $\frac{1}{8}$  Teaspoon pepper.  
                                    Salt, if needed.  
                                    1 Teaspoon butter.

Wash fish and free it from bones. Pare potatoes and cut them in quarters. Put fish and potatoes in saucepan, cover with boiling water and boil 25 minutes, or till potatoes are soft. Drain off water and mash and beat fish and potatoes until they are light. Add butter and pepper, and, when slightly cooled, the egg well beaten. Shape and fry in a basket in smoking hot lard 1 minute. Drain on brown paper. Use high flame.

## OYSTER STEW

**1½ Pints oysters.**  
**1 Quart scalded milk.**

**¼ Cup butter.**  
**Salt and pepper.**

Pick over oysters and cook in strained oyster liquor till they are plump and the edges commence to curl, adding a spoonful of water if necessary. Add hot milk, butter, salt and pepper and serve at once. Use medium flame.

## MAINE CLAM CHOWDER

**1 Quart clams.**  
**4 Cups potatoes cut in dice.**  
**1½ Inch cube fat salt pork.**  
**1 Onion.**

**1 Tablespoon salt.**  
**4 Tablespoons butter.**  
**1 Quart scalded milk.**  
**8 Common crackers.**

Remove dark part from soft part of clams and chop hard parts finely. Reserve clam water, heat and strain it. Cut pork in small pieces, try out and strain it into stewpan. Parboil potatoes 5 minutes, drain and put a layer in bottom of stewpan; add chopped clams, sprinkle with salt and pepper and dredge with flour; add remaining potatoes, sprinkle with salt and pepper and dredge with flour; add  $2\frac{1}{2}$  cups boiling water; cook 10 minutes; add milk, soft part of clams and butter. Boil 3 minutes and add crackers split in halves. Reheat clam water, thicken with 1 tablespoon flour and one of butter and add with the remainder of the butter just before serving.

## New Perfection Toaster

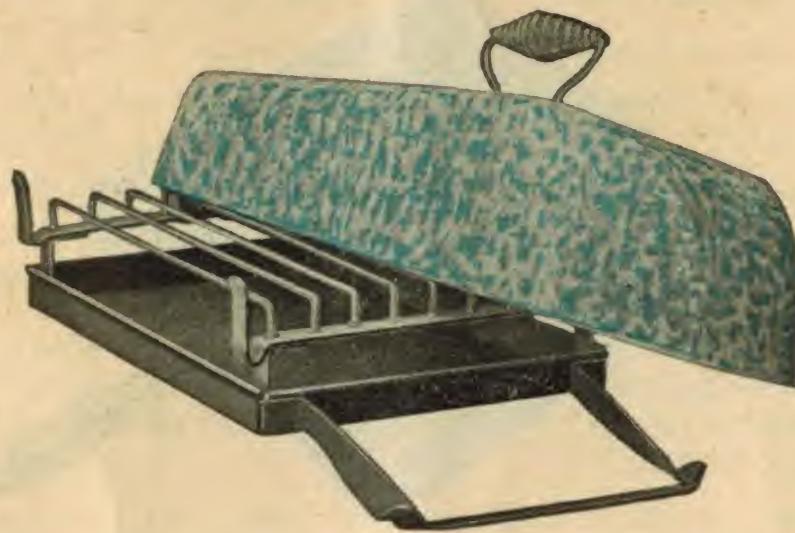


THE New Perfection Toaster here illustrated is especially designed for use on the New Perfection Wick Blue Flame Oil Cook-stove. It also involves an entirely new principle never before utilized in a toasting device and is designed to give the best possible results with the New Perfection stove. With it, four large pieces of bread can be toasted at one time, as the heat is distributed over the entire toasting surface evenly. It is unnecessary to shift the toast except to turn it over when properly browned on one side.

Any desired result may be secured by turning the flame up or down and thus increasing or decreasing the heat. If very dry toast is desired, a low fire should be used. If a nicely browned toast with soft center, that is "soft toast," is preferred, it can be secured by using a high flame. If directions are followed, the toast is browned uniformly over the entire surface.

This utensil is attractive in design and finish. Its body is finished in blue vitreous enamel. The grating on which the toast is placed is made of "expanded metal," and may be removed to permit the removal of crumbs from underneath. A convenient wooden handle which remains always cool is provided, with an eyelet for hanging it up.

## New Perfection Broiler



THE New Perfection Broiler here illustrated is especially designed for use on the New Perfection Wick Blue Flame Oil Cook-stove. It is the result of extended experiment and is constructed on an entirely new principle as applied to broiling devices.

In the operation of broiling, neither meat nor drip-pan is placed over the fire, but is set at one side. The cover or hood, which is placed over the grill of the broiler, projects over one burner, thereby diverting all the heat from that burner, which passes over and under the meat. It is therefore unnecessary even to turn the steak.

Due to the fact that the drip-pan is not over the fire, there is no smoke; neither is there any of the obnoxious odor ordinarily incident to the broiling process. As the meat is broiled on both sides at once, all its juices are retained.

The broiler is easily attached to the stove, as shown in the directions accompanying each broiler. The hood is finished in mottled blue vitreous enamel.

Time required for broiling, 17 to 25 minutes, according to thickness of meat.

The burner should be operated at highest flame.

## Meats.

### BROILED STEAK AND CHOPS

Sirloin, porterhouse, cross-cut of rump and top of the round are all good cuts of steak. Steak should be cut at least one inch thick. Wipe with a cloth wrung out of cold water, and remove superfluous fat. Place steak, or chops, on grill of a New Perfection Broiler, and set broiler with the hood projecting over one burner of the stove (*broiler itself is not placed directly over the flame*); see instructions on each broiler. Use highest flame. Remove steak to a hot platter, spread with butter, and sprinkle with salt and pepper.

Start lamb, or mutton chops the same way; then lower the flame and finish cooking. Season chops with salt and pepper.

The time required for broiling steak, chops, etc., varies from 17 to 25 minutes, according to the thickness of the meat.

### ROAST BEEF

For roasting the best cuts are top or middle of sirloin, back of rump or first three ribs. Wipe meat, put on a rack in dripping pan, skin side down, in a very hot oven (use highest flame) without salt or water; let it remain until seared over, then remove pan. Season meat with salt, dredge meat and pan with flour and return it to oven. When flour in pan is browned, reduce heat by lowering the flame to medium and baste every 10 minutes with the fat in the pan. If necessary, a small quantity of water may be added. When about half cooked, turn meat over and dredge with flour for final browning.

### ROAST BEEF GRAVY

Remove all but three tablespoons of fat from the pan. Place over flame and add 3 tablespoons flour, stirring until well browned. Add gradually  $1\frac{1}{2}$  cups boiling water, cook 5 minutes, season with salt and pepper, and strain.

### BEEF À LA MODE

Have a round of beef (about 3 pounds) well larded with salt pork. (Beef in this style should preferably be cooked

in an iron saucepan.) Put in saucepan 2 or 3 slices of fat salt pork and try out well; then add a small lump of butter. Sprinkle surface of meat with flour, add 8 small onions and brown together in the fat in the saucepan. Pour over 1 pint of water and add a bouquet of parsley, thyme and bayleaf and 2 cloves. Allow meat to simmer over a low flame 2 hours, adding water when necessary. Add 8 small carrots and 1 small turnip cut in slices and cook  $1\frac{1}{2}$  hours longer or until meat and vegetables are done. A few minutes before meat is done, pour over 1 small wine-glass of Sherry or Madeira wine.

Larding meat is inserting narrow strips of fat salt pork into the surface.

## POT ROAST

Melt in a hot frying pan a small piece of butter; while very hot put in roast and brown it on all sides by rolling it over in the pan. Do not insert a fork as that will cause juices to escape. Put browned meat in a kettle, preferably an iron pot, which has been heated; put water in frying-pan to obtain any juice which may have escaped, and pour over the meat. Cover closely and place over a high flame until boiling point is reached; then lower the flame and cook slowly 3 hours, turning meat occasionally. Keep about 1 cup of water under meat, and 15 minutes before removing from kettle, sprinkle over the meat a little flour and salt. Remove meat and thicken gravy. Browned potatoes may be served with a pot roast. Boil either white or sweet potatoes until nearly done, roll in flour and place in gravy in the kettle after meat has been removed; when well browned, remove them and place them in a hot oven, while the gravy is being thickened.

## NEW ENGLAND BOILED DINNER

A boiled dinner consists of warm boiled corned beef served with vegetables which have been cooked in the water in which the meat was boiled. Wipe meat and tie securely in shape. Cover with cold water and bring slowly to boiling point, using a low flame at first, then gradually raising it. Boil 5 minutes; remove scum; then lower flame

and cook until tender. Cook carrots, turnips, cabbage and potatoes with meat. (Carrots require longest cooking; potatoes least.) Cook beets separately. Serve cabbage and beets in separate dishes, other vegetables on same dish with meat.

## ROAST LEG OF LAMB

Wipe meat with damp cloth, sprinkle with salt and pepper and place in baking pan, dredging meat and bottom of pan with flour. Place in oven over a medium flame and when flour in pan is browned, baste with the fat in the pan, adding water if necessary. Baste every 15 minutes. Time required for cooking is about  $1\frac{3}{4}$  hours. Make gravy, following directions for Roast Beef Gravy.

A leg of lamb may be boned and stuffed with the following stuffing:

$\frac{1}{4}$ Cup melted butter.	$\frac{1}{8}$ Teaspoon pepper.
1 Cup cracker crumbs.	$\frac{1}{2}$ Tablespoon poultry seasoning.
$\frac{1}{4}$ Teaspoon salt.	$\frac{1}{4}$ Cup boiling water.

## BRAISED SHOULDER OF LAMB

Bone a shoulder of lamb, leave knuckle and fill cavity with a stuffing. Place in a deep pan. Cook five minutes in one-fourth cup butter a slice each of onion, carrot and turnip cut in small pieces, one-half bay leaf, a sprig of thyme and one of parsley. Add three cups hot water, salt and twelve peppercorns; pour over lamb. Cover closely and cook over a low flame for three hours, uncovering for the last half-hour. Remove to hot platter. Strain liquid in pan and thicken with four tablespoons flour browned with three tablespoons butter. There should be one and three-fourths cups of the sauce.

## ROAST VEAL

The fillet makes an especially nice roast. Have the bones removed and stuff with the stuffing given under Roast Leg of Lamb. Tie carefully in shape; season highly with salt and pepper, dredge with flour and lay slices of pork on top. Scatter a little flour over the bottom of the pan and cook over a medium flame without adding water until

this flour has browned. Then add a little water and baste often. Place a buttered paper over it when it is sufficiently browned. Allow half an hour to a pound, as veal must be well done to be wholesome.

## VEAL LOAF

3 Pounds lean veal.	1 Cup cracker crumbs.
$\frac{1}{4}$ Pound salt pork.	3 Eggs, well beaten.
Salt, pepper, sage.	

Chop the veal and pork very fine and mix ingredients, seasoning with salt, pepper and sage. Press in a bread pan and bake two and one-half hours. Melt one tablespoon of butter in one cup hot water and every half hour pour a spoonful over the meat. Set pan into a larger pan partly filled with hot water during the last hour of baking, and if it browns too fast on top, cover with a paper. The same recipe may be used for beef loaf and either may be served hot with tomato sauce or sliced cold. Use medium flame.

## ROAST PORK

Wipe pork, sprinkle with salt and pepper, place in dripping pan and dredge meat and pan with flour. Bake over a medium flame three or four hours, basting every fifteen minutes with the fat in the pan. Add a little water, if necessary. Make gravy as for Roast Beef.

## PORK CHOPS AND FRIED APPLES

Season the chops with salt and pepper and a little powdered sage; dip them in bread crumbs and sauté about twenty minutes—or until they are done. Place them on hot platter; pour off a part of the gravy to make a brown gravy. Pare apples and slice them across in circles two-thirds of an inch thick. Remove cores from centres and brown in the fat which remains in the frying pan. Pour brown gravy over the chops and place slices of apple around edges of platter.

## BOILED HAM

Soak overnight or for several hours in water to cover. Wash thoroughly, trim off hard skin near the bone, place

in a large kettle, cover with cold water and heat to boiling point over a medium flame. Lower flame a trifle and cook until tender. A ham weighing 12 to 14 pounds requires 4 or 5 hours' cooking. Remove kettle from stove and allow ham to partially cool; then take it from water, remove outside skin, sprinkle with fine cracker crumbs and stick with cloves 1 inch apart. Bake 1 hour over a low flame. Serve cold, thinly sliced.

## SAUSAGE ROLLS

Make a rich biscuit dough, roll thin and cut with a large cookie cutter. Have the fried sausages hot; roll 1 link in each disc of dough, pinch the ends together and bake over a medium flame. Serve on a hot platter with brown gravy around them.

## SAUSAGES BAKED IN POTATOES

Pare large potatoes and cut a hole in them lengthwise with an apple corer. Draw through each potato a small sausage; place them in a pan and lay a slice of bacon on top of each potato. Baste with hot water if necessary and bake until potatoes are done. Use medium flame.

## BROILED BACON

The best way to cook bacon is to broil it. Cut the bacon in the thinnest possible slices, rejecting the rind. Lay the pieces close together on grill of a New Perfection Broiler. Place broiler with hood projecting over the flame (*broiler itself is not placed directly over the flame*); see instructions on each broiler. Use highest flame. The fat which falls into the pan may be used for frying potatoes. Drain the bacon on brown paper.

To serve calf's liver with bacon, sprinkle the liver with salt and pepper, roll it in flour and fry brown in the bacon drippings.

## MAINE BAKED PORK AND BEANS

1 Quart dry beans.

$\frac{1}{2}$  to 1 lb. salt pork.

1 Tablespoon molasses.

1 Teaspoon salt.

Pick over beans, cover with cold water and soak overnight. In the morning drain and place in bean pot. Scald

rind of  $\frac{1}{2}$  lb. salt pork (or more, if preferred), selecting a piece all fat or mixed fat and lean, according to taste. Make inch deep cuts in the rind, a half inch apart, and bury pork in beans, leaving the rind exposed. Add molasses, salt and boiling water to cover the beans. Cover the bean pot, place in oven and bake over a medium flame for two hours, then lower the flame and bake for five or six hours longer. Add water, a little at a time, as needed.

Many people think that a slice of onion improves the flavor of baked beans and that 1 teaspoon of mustard makes them more easily digested. Any kind of dry beans may be used. The California pea bean is preferred by many.

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## Poultry and Game.

To determine the age of poultry, examine the feet and cartilage at the end of breastbone. If both are soft it is a chicken; if hard, a fowl.

To prepare a bird for cooking singe it by holding over a flame and turning it until hairs are removed. Remove pin feathers. Cut the skin around the leg an inch and a half below the leg joint, taking care not to cut the tendons, then place leg at that point over the edge of a board or table and snap the bone; then pull off foot and tendons. In a fowl tendons may have to be pulled one at a time. Make a cut below the breastbone and remove the entrails, heart, gizzard and liver. Remove gall bladder from liver. Remove the lungs from either side of backbone and the kidneys which lie near the hollow. Remove windpipe from neck and crop. Cut off the neck close to the body, leaving the skin. Remove oil bag. Wash outside carefully and run water through the inside to cleanse it. The heart, liver and gizzard are called giblets. Remove veins and blood from heart and fat and membrane from gizzard. Cut through the thick part of gizzard and remove the part inside. Wash giblets and neck and cook together in a little water.

## ROAST CHICKEN

Having dressed a chicken, stuff it, using stuffing given under Roast Lamb or Old Fashioned Stuffing. Truss it by crossing the drumsticks, tying them with a long string and then tying to the tail. Fasten the wings close to the body with a skewer and draw the skin at the neck under the back and pin with another skewer. Then turn the bird on its breast and draw string which is fastened to tail around skewers, fasten it and cut it. Rub chicken with salt and rub breast and legs with butter and flour worked together. Place in pan and sprinkle bottom of pan with flour. Place in oven over a medium flame till flour is browned. Then lower the flame and baste often. Melt butter half the size of an egg in  $\frac{3}{4}$  cup hot water and use it for basting while it lasts. Then use fat in the pan. Turn bird occasionally that it may brown alike on all sides. Cook until breast meat is tender, which will be about  $1\frac{1}{2}$  hours for a 4 pound chicken. Remove strings and skewers and serve.

## GRAVY

Brown 4 tablespoons of flour in 4 tablespoons of fat from pan in which chicken was roasted; add 2 cups stock in which giblets and neck have been cooked. Boil 5 minutes; season with salt and pepper, strain and serve. Sometimes giblets are chopped and added to gravy.

## OLD FASHIONED STUFFING

2 Cups hot mashed potatoes.	$\frac{1}{3}$ Cup butter.
1 $\frac{1}{4}$ Cups soft bread crumbs.	1 Egg.
$\frac{1}{4}$ Cup chopped fat salt pork.	1 $\frac{1}{2}$ Teaspoons salt.
1 Finely chopped onion.	1 Teaspoon sage.

## ROAST TURKEY

Proceed as with Roast Chicken, using twice as much stuffing. A turkey weighing 10 pounds will cook in about 3 hours.

## CHICKEN FRICASSEE

Dress, wash and cut up a chicken or fowl and cook in boiling water until it is tender. Sprinkle with salt and

pepper, dredge with flour and brown slightly in butter in a frying-pan. Arrange on slices of dry toast on a hot platter and pour around the following sauce:

Boil down the stock in which fowl was cooked until there remain 2 cups. Strain and take off the fat. Add 4 tablespoons flour to 3 tablespoons melted butter, stirring until smooth, and pour on gradually the stock. Season with salt and pepper. Instead of serving on toast, chicken fricassee may be served with very small baking powder biscuit arranged around rim of platter. Use highest flame.

## CHICKEN PIE

Joint and prepare for boiling 2 chickens weighing 3 pounds each. Use water to cover and add sufficient water to keep them covered during period of cooking. When done, while hot, strip meat from bones with a silver knife and fork. Line a deep pudding dish with rich pie crust rolled a trifle thicker than for ordinary use; lay in the chicken, thicken and season the stock, boiling it down if there is too much; pour over the chicken and cover with top crust, leaving a round opening in center to allow steam to escape, and bake over a low flame 2 hours or more. Serve hot or cold.

## ROAST GOOSE

Dress a goose, washing and scrubbing it with a brush and hot soap-suds. Wash in cold water and dry. Stuff with Old Fashioned Stuffing, sprinkle with salt and pepper and lay 5 or 6 thin strips of fat salt pork on the breast. Bake over a medium flame 2 hours, basting often with fat in the pan. Remove the pork before goose is done. Serve with apple sauce.

## ROAST WILD DUCK

Clean and prepare as a goose, using less salt pork. Bake about a half hour, starting with a flame above medium and reducing to medium. Serve with currant jelly. Stuff with a bread stuffing.

## VENISON

Broil venison steak and cook leg of venison as a leg of lamb, only not as long, as it should be served rare.

## RABBIT SAUTÉ

Have rabbit cut in pieces. Put meat and a few small onions in a saucepan with a little hot butter and lard. Sprinkle with a scant tablespoon flour. Have ready a large glassful of white wine which has been put in a separate saucepan and allowed to simmer for 2 or 3 minutes. Pour wine over the rabbit and add a bouquet of parsley, thyme and bay-leaf. Add water if necessary. Cook slowly over a low flame for about 1 hour.

## Vegetables.

Vegetables should be washed in cold water, using a small scrubbing brush when necessary, and cooked in boiling salted water. The time for cooking varies according to the size of vegetable and the season; but the following time-table may be used as a guide. Use highest flame.

### TIME-TABLE FOR BOILING VEGETABLES.

White potatoes .....	20 to 35 minutes
Sweet potatoes .....	15 to 25 minutes
Peas .....	20 to 60 minutes
String beans .....	1 to $2\frac{1}{2}$ hours
Shell beans .....	1 to $1\frac{1}{2}$ hours
Asparagus .....	20 to 30 minutes
Young beets .....	45 to 55 minutes
Old beets .....	3 to 4 hours
Cabbage .....	40 to 60 minutes
Turnips .....	30 to 45 minutes
Onions .....	40 to 60 minutes
Spinach .....	25 to 30 minutes
Green corn .....	12 to 15 minutes
Parsnips .....	30 to 45 minutes
Cauliflower .....	20 to 25 minutes
Brussels sprouts .....	15 to 20 minutes

## ESCALLOPED POTATOES

Pare, soak and cut 4 large potatoes in  $\frac{1}{4}$  inch slices. Put a layer in buttered baking-dish, sprinkle with salt and pepper, dredge with flour and dot over with butter; repeat; then add hot milk until it can be seen through the top layer. Bake  $1\frac{1}{4}$  hours—or until potatoes are thoroughly cooked—over a medium flame.

## FRENCH FRIED POTATOES

Wash and pare small potatoes; cut them in eighths, lengthwise, and soak 1 hour in cold water. Dry between towels and fry in deep fat. Drain on brown paper. If fat is too hot, potatoes will brown before they are cooked through. Use high flame.

## POTATO CROQUETTES

2 Cups hot potatoes, riced.  
2 Tablespoons butter.

Yolks 3 eggs.  
Salt and cayenne.

Mix ingredients, seasoning with salt and cayenne. Shape in balls, then roll with pointed ends. Roll in flour and fry in deep fat. Drain on brown paper. Use highest flame.

## CREAMED POTATOES

Cut 2 cups cold boiled potatoes into dice and reheat in  $1\frac{1}{4}$  cups White Sauce.

## WHITE SAUCE

Put 2 tablespoons butter in a saucepan, stir until melted and bubbling; add 2 tablespoons flour, a little salt and pepper, and stir until well mixed. Pour on gradually 1 cup milk, stirring until well mixed and smooth.

Almost any other cooked vegetable may be served in White Sauce in the same manner.

## POTATOES AU GRATIN

Rice potatoes and mix with White Sauce. Put in buttered baking-dish, sprinkle with grated cheese, cover with buttered crumbs and bake over a medium flame until crumbs are brown.

## ESCALLOPED PARSNIPS

Cut cold boiled parsnips in dice. Put into a buttered baking-dish in layers with crumbs, chopped parsley and grated cheese between them. Place crumbs mixed with grated cheese and butter on top. Pour over White Sauce to moisten mixture and bake until well browned over a medium flame.

## ESCALLOPED TOMATOES

Cover bottom of buttered baking-dish with buttered crumbs; cover with tomatoes, sprinkle with salt, pepper—and a bit of sugar, if preferred sweet—and a few drops of onion juice; cover with buttered crumbs and bake over a medium flame until crumbs are brown.

## CORN PUDDING—SOUTHERN STYLE

6 Ears of corn.

$\frac{1}{2}$  Teaspoon salt.

2 Eggs.

2 Tablespoons sugar.

$1\frac{1}{2}$  Cups milk.

Grate the corn, beat the eggs with a spoon and mix all the ingredients together. Butter a deep earthen dish and pour in the mixture. Bake over a low flame an hour or more. Serve hot. If the corn is old, use more milk.

## CORN FRITTERS

6 Ears of corn.

2 Tablespoons cream.

2 Eggs.

2 Tablespoons flour.

Salt and pepper.

Score and cut corn from ears and mix ingredients, adding whites of eggs, beaten stiff, last. Sauté in butter over a medium flame.

## BOILED SALAD DRESSING

2 Egg yolks.

$1\frac{1}{2}$  Tablespoons sugar.

2 Teaspoons salt.

$\frac{1}{2}$  Teaspoon flour.

1 Teaspoon mustard.

$1\frac{1}{2}$  Tablespoons melted butter.

Cayenne.

$\frac{1}{4}$  Cup vinegar.

$\frac{3}{4}$  Cup milk.

Mix dry ingredients, add eggs beaten a little, then the butter, milk and vinegar. Cook in a double boiler until it

thickens. When ready to use, if dressing is too thick, thin with cold vinegar.

When making salads, mix oil and vinegar with salad mixture and let stand a short time; then mix with boiled dressing.

## Luncheon Dishes and Warmed Over Dishes.

### SALMON LOAF

1 Can salmon picked fine with a fork.	4 Tablespoons butter.
4 Eggs.	$\frac{3}{4}$ Cup bread crumbs.
	Salt and pepper to taste.

Combine ingredients and steam 1 hour in a quart bowl. Serve with White Sauce or Egg Sauce.

### SHRIMP WIGGLE

2 Cans shrimps.	$\frac{1}{2}$ Can tomatoes.
1 Pint cream.	1 Tablespoon chopped onion.
1 Cup cooked rice.	Butter half the size of an egg.

Cook onion in butter, add tomatoes and cooked rice; when hot add shrimps cut in thirds; add cream, season with salt and pepper and serve hot on crackers. Will serve ten persons.

### MACARONI AND CHEESE

Boil  $\frac{1}{4}$  pound macaroni broken in small pieces in 3 pints salted water 20 minutes; turn into a colander; pour over cold water and drain. Make a White Sauce (recipe given under Creamed Potatoes). Put a layer of grated cheese in buttered baking-dish, then a layer of macaroni, and pour over half the sauce; repeat, and cover top with fine bread crumbs dotted over with butter. Bake until browned over a medium flame.

### WELSH RAREBIT

$\frac{1}{4}$ Lb. cheese.	1 Teaspoon salt.
$\frac{1}{4}$ Cup milk.	1 Teaspoon mustard.
1 Egg.	1 Tablespoon butter.
Pinch of cayenne.	

Melt cheese in saucepan, mix melted butter, salt, mustard and cayenne with a little cold milk and add to cheese; then add egg, beaten slightly, and, last of all, milk. Serve on toast or crackers. Use low flame.

## ENGLISH MONKEY

1 Cup bread crumbs.	1 Egg.
1 Cup milk.	1 Tablespoon butter.
$\frac{1}{2}$ Cup mild cheese.	Salt and cayenne.

Soak bread crumbs in milk 15 minutes. Melt butter in saucepan, add cheese cut in small pieces and let it melt; then add soaked crumbs, egg beaten a little,  $\frac{1}{2}$  teaspoon salt and a few grains cayenne. Cook 3 minutes. Serve on crackers.

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## Ways of Using Left-Overs.

### BEEFSTEAK PIE

Cut left-overs of steak or roast beef in dice. Place in a saucepan with  $\frac{1}{2}$  onion; cover with boiling water and cook 1 hour over a low flame. Remove onion, thicken gravy with flour mixed with cold water and season with salt and pepper. Cut potatoes in slices and cook in boiling water 8 minutes. Add potatoes to meat and gravy and place in a buttered baking-dish. When cool, cover with a biscuit dough or with pie crust. Bake over a medium flame.

### CASSEROLE OF BEEF

Cut the lean meat of cold roast beef into small cubes, removing fat and tough parts. Boil  $\frac{1}{4}$  pound of macaroni in water until tender, then drain it. Add left-over gravy to stewed tomatoes. Put into a casserole alternate layers of macaroni and meat, pouring the gravy and tomatoes over each meat layer. Cover the top with bread crumbs and bake over a medium flame until crumbs are brown. Allow a little over 1 pint of gravy and tomatoes to each cupful of meat.

## EGGS SCALLOPED WITH MEAT OR FISH

6 Hard-boiled eggs.  
 $\frac{3}{4}$  Cup chopped meat  
or fish.

$\frac{3}{4}$  Cup buttered cracker crumbs.  
1 Pint white sauce.

Sprinkle the bottom of a buttered baking-dish with crumbs; cover with  $\frac{1}{2}$  the eggs chopped finely. Cover the eggs with sauce and the sauce with meat; then repeat and cover the top with crumbs. Place in oven and bake over medium flame until the crumbs are brown. Ham, chicken, sausages, veal or fish may be used.

## VEGETABLE HASH

Chop finely equal parts of cabbage, beets and turnips, left from a boiled dinner, and as much potato as there is of all the rest. Heat beef drippings in a frying-pan. Pour in hash and cook over a low flame until heated through.

## HAM SOUFFLÉ

To 2 cups minced ham, add white of an egg and beat until smooth. Add a dash of paprika, 1 cup whipped cream and whites of 2 eggs, beaten until stiff. Pour into an oiled mold, bake over a low flame and serve hot with Tomato Sauce.

## Pies.

### PASTE

$1\frac{1}{2}$  Cups flour.  
 $\frac{1}{2}$  Teaspoon salt.

$\frac{1}{3}$  Cup lard or lard and butter  
in equal parts.  
Cold water.

Mix flour and salt. Reserve  $1\frac{1}{4}$  tablespoons lard and work remainder into flour, using a knife or the finger tips. With cold water, moisten to a dough. Toss on a floured board, pat and roll out. Spread with 1 tablespoon lard, dredge with flour, roll, pat and roll out; roll up again and cut from end of roll a piece large enough to line a pie plate. Roll this piece out, keeping it as nearly circular as possible. Use the remainder of the lard, or lard and butter, to dot over the top crust of pie before putting it in the

oven, to give the pie a flaky appearance. This amount of paste will make two pies with one crust or one pie with two crusts and a few puffs.

## APPLE PIE

4 or 5 Sour apples.	$\frac{1}{8}$ Teaspoon salt.
$\frac{1}{3}$ Cup sugar.	1 Teaspoon butter.
$\frac{1}{4}$ Teaspoon grated nutmeg or cinnamon.	1 Teaspoon lemon juice.

Pare, core and cut apples in thin slices. Line a pie plate with paste. Put a row of slices of apple around the plate  $\frac{1}{2}$  inch from the edge, and work toward the center until plate is covered; then pile on the rest. Mix sugar, spice, salt and lemon juice and sprinkle over apples, then put butter in small pieces over the top. Wet the edges of the under crust with water, cover with upper crust and press edges together. Cut a few perforations in upper crust to allow steam to escape. The lemon juice may be omitted.

Some cooks think a few grains of cayenne improve the flavor. Bake 45 minutes. Use low, but not lowest, flame.

## BLUEBERRY PIE

Line a deep plate with paste and fill it with berries slightly dredged with flour; sprinkle with  $\frac{1}{2}$  cup sugar and  $\frac{1}{8}$  teaspoon salt; cover and bake 40 to 45 minutes over a low flame.

## APPLE CUSTARD

3 Eggs.	$\frac{1}{2}$ Cup butter.
1 Cup sugar.	Vanilla.
1 Cup sifted sour apples.	

Beat eggs, add sugar, melted butter, apples and vanilla. Line round muffin pans with pastry; fill with mixture and bake over a low flame until crust is done.

## CUSTARD PIE

2 Eggs.	$\frac{1}{8}$ Teaspoon salt.
3 Tablespoons sugar.	$1\frac{1}{2}$ Cups milk.
Nutmeg.	

Beat eggs slightly, add sugar, salt and milk. Line a rather small pie plate with paste and build a fluted rim. Strain the mixture and fill plate, sprinkling a few grains of nutmeg over the top. Set in oven over medium flame to set the rim, then lower the flame. Test with a knife as in case of cup custards.

## SQUASH OR PUMPKIN PIE

$1\frac{1}{4}$ Cups steamed and strained squash or pumpkin.	$\frac{1}{2}$ Teaspoon salt.
$\frac{1}{4}$ Cup sugar.	$\frac{1}{4}$ Teaspoon cinnamon, ginger or nutmeg.
1 Egg.	$\frac{3}{8}$ Cup milk.

Mix sugar, salt, spice and squash or pumpkin; add egg, well beaten, and milk gradually. Bake in a deep plate in a crust with a fluted rim. Set in a hot oven (medium flame) to set the rim; then decrease the heat. Bake as Custard Pie.

## RHUBARB AND STRAWBERRY PIE

Cut rhubarb fine and put in oven to dry. Cover a deep plate with rich crust; fill level full of rhubarb; add a heaping cup of sugar, a little salt or a few pieces of butter, and a layer of strawberries. Cover with upper crust and bake like an Apple Pie.

## MINCE PIE

Bake mince pies with two crusts, using the following rule for mince meat:

### OLD FASHIONED MINCE MEAT

2 Bowls chopped apples.	1 Cup sugar.
1 Bowl meat.	2 Lbs. suet, chopped fine.
$1\frac{1}{2}$ Cups molasses.	1 Quart water, in which beef was cooked.
1 Pint old cider.	Salt.
1 Lb. raisins.	$\frac{1}{4}$ Pound citron chopped fine.
1 Lb. currants.	

Mix ingredients, heat gradually, stir occasionally and cook slowly two hours over a low flame. Add ground spices to taste after mince meat is cooked or when making pies.

## TARTS

3 Cups flour.  
½ Cup butter.  
½ Cup lard.

½ Teaspoon soda.  
White of 1 egg beaten stiff.  
½ Cup cold water.

1 Teaspoon cream tartar.

Make a paste of the ingredients and roll  $\frac{1}{8}$  inch thick. Shape with a round cutter dipped in flour; with a smaller cutter remove centers from half the pieces, leaving rings one half inch wide. Brush the larger pieces near the edge with cold water; fit on the rings, pressing lightly. Chill thoroughly and bake 15 minutes over a medium flame; lower flame in case tarts show a tendency to burn. If the tops of rings are brushed with beaten egg yolk diluted with water, they will present a glazed appearance. When cool fill with jelly.

## SUGAR PIES—SOUTHERN STYLE

3 Cups light-brown sugar.  
½ Cup melted butter.

½ Cup cream.  
3 Eggs.

Mix ingredients, beating well. Season with lemon and bake in pastry without a top crust. Use low flame.

## LEMON PIE

1 Heaping tablespoon cornstarch.  
1 Cup sugar.  
1 Scant cup boiling water.

1 Teaspoon butter.  
Juice of 1 large lemon.  
2 Eggs.

Mix cornstarch with sugar, add boiling water and boil 5 minutes. Then add butter, lemon juice and yolks of eggs well beaten. Bake in one crust. When done make a meringue of the whites of the eggs beaten until stiff, 2 tablespoons of powdered sugar and  $\frac{1}{2}$  tablespoon lemon juice, or  $\frac{1}{4}$  teaspoon lemon extract; spread on top of pie and bake over a low flame 15 minutes.

## Puddings.

### DELICATE PUDDING

½ Cup rice.  
 $1\frac{1}{2}$  Cups water.  
 $\frac{1}{2}$  Teaspoon vanilla.

2 Cups milk.  
4 Eggs.  
 $\frac{1}{2}$  Cup sugar.  
 $\frac{1}{2}$  Teaspoon salt.

Boil rice in water. When it is nearly done, add milk and salt and cook until it is soft. Add the yolks of the eggs beaten with sugar. Take from the stove and stir in the beaten whites of 2 eggs and vanilla. Make a meringue of the remaining two whites with  $\frac{1}{2}$  cup sugar. Spread over top of pudding and set in the oven over a medium flame to brown.

## THANKSGIVING PLUM PUDDING

6 Crackers.	$\frac{1}{2}$ Teaspoon salt.
3 Pints milk.	1 Teaspoon mixed spices.
$\frac{1}{4}$ Cup butter.	6 Eggs.
1 Cup sugar.	1 Pound stoned raisins.

Soak crackers in milk. Cream butter and sugar; add salt, spice and eggs well beaten, and stir mixture into the milk. Add raisins. Bake in a deep pudding dish, well buttered with cold butter, for three or four hours over a low (not lowest) flame. Stir several times during the first hour to keep raisins from settling. Serve with or without hard sauce or whipped cream.

## HARD SAUCE

1 Cup powdered sugar.	1 Tablespoon cream.
$\frac{1}{4}$ Cup butter.	$\frac{2}{3}$ Teaspoon vanilla.
	$\frac{1}{8}$ Teaspoon lemon extract.

Cream butter, add cream, sugar and flavoring.

## INDIAN PUDDING

1 Quart milk.	1 Teaspoon salt.
$\frac{1}{2}$ Cup cornmeal.	1 Teaspoon ginger or cinnamon.
$\frac{1}{2}$ Cup molasses.	1 Cup cold milk.

Heat 1 quart of milk and stir in the meal slowly until it thickens. Take from the stove and add molasses, salt and spice. Put mixture into a buttered earthen pudding dish and add cold milk. Bake over a low flame for 2 hours. After the pudding is partly cooked a little more cold milk may be added if desired. Serve with or without cream.

## SUET PUDDING

1 Cup molasses.	1 Cup chopped raisins.
1 Cup milk.	1 Heaping teaspoon soda, mixed with molasses.
1 Cup suet, chopped fine.	
3½ Cups flour.	1½ Teaspoons salt.
½ Teaspoon each cinnamon, clove and nutmeg.	

Mix and sift dry ingredients. Add molasses and milk to suet. Combine mixtures and add raisins. Turn into a buttered mold, cover and steam 4 hours. Serve with hard sauce or egg sauce. Use medium flame.

## EGG SAUCE NO. 1

½ Cup butter.	1 Egg.
1 Cup powdered sugar.	2 Tablespoons wine.

Cream butter, add sugar, egg beaten until foamy, and wine. Heat over hot water, beating continually.

## EGG SAUCE NO. 2

2 Eggs.	1 Teaspoon vanilla or
1 Cup sugar.	½ Teaspoon vanilla and
	1 Tablespoon brandy.

Beat eggs until foamy, add sugar, continually beating, and flavoring.

## BREAD AND BUTTER PUDDING

1 Loaf of dry bread or its equivalent in dry slices.	3 Eggs.
Butter.	1 Quart milk.
½ Cup sugar.	¼ Teaspoon salt. Raisins.

Butter a pudding dish. Spread bread with butter and arrange in layers with seeded raisins sprinkled between them. Beat the eggs slightly, add sugar, salt and milk and pour over the bread. Let it stand a half hour and then bake 1 hour over a low flame. Cover during first half of baking; then remove cover to allow pudding to brown. Serve with egg sauce.

## SCALLOPED APPLES

## The equivalent of a small loaf of baker's bread.

**1 Quart sliced apples.**

$\frac{1}{4}$  Cup butter.  
 $\frac{1}{4}$  Cup sugar.  
1 Lemon.

## Nutmeg.

Rub bread crumbs through a coarse strainer or a colander; melt butter and stir it in lightly. Cover the bottom of a buttered pudding dish with crumbs; cover crumbs with half of the apples, sprinkle with half the sugar and a few grains of nutmeg and half the lemon. Cover with crumbs and repeat the process, arranging a layer of crumbs on top. Bake 40 minutes over a medium flame. Serve with cream and sugar.

## COTTAGE PUDDING

1 Egg.

$\frac{1}{4}$  Cup butter.

$\frac{3}{4}$  Cup sugar.

1 Cup milk.

**1** Cup milk.  
**2½** Cups flour.

$\frac{1}{2}$  Teaspoon salt.

3 Rounding teaspoons baking powder.

Mix and bake like a cake. Serve with lemon sauce or strawberry sauce. Use medium flame.

## LEMON SAUCE

Beat together until foamy 1 egg and 1 cup sugar mixed with a scant tablespoon flour. Add nearly a pint of boiling water and butter the size of a walnut. Let it come to a boil. Flavor with lemon.

## STRAWBERRY SAUCE

**1/3 Cup butter.**

Cream butter and sugar, egg (white) beaten stiff, and mashed berries. Beat thoroughly.

## CHOCOLATE CUSTARD

**1** Pint milk, heated to boiling.  
**3½** Tablespoons grated chocolate.  
**1¼** Tablespoons cornstarch.  
**½** Cup sugar.  
**½** Teaspoon vanilla.

$\frac{1}{2}$  Cup cold milk.

Mix chocolate, cornstarch and sugar, and add cold milk, stirring until smooth. Add this to the boiling milk and cook 15 minutes in a double boiler. Flavor with vanilla and turn into cups or glasses when cold.

## BOILED CUSTARD

1 Pint hot milk.

$\frac{1}{4}$  Cup sugar.

Yolks 3 eggs.

$\frac{1}{8}$  Teaspoon salt.

$\frac{1}{2}$  Teaspoon vanilla or orange.

Beat the eggs a little; add sugar and salt and then the hot milk, stirring constantly. Cook in a double boiler until mixture thickens and a coating forms on the spoon, stirring all the time. Strain, cool and flavor. Should the custard curdle beat with a Dover egg-beater until smooth.

## ORANGE PUDDING

Arrange slices of sweet oranges in a dish and pour over them boiled custard. Put on top a meringue made of whites of eggs and powdered sugar.

## FRUIT CUSTARD

Arrange alternate layers of stale cake and slices of bananas, canned peaches or pears or fresh berries, and pour over boiled custard or chocolate custard.

## CUP CUSTARD

4 Cups hot milk.

$\frac{1}{2}$  Cup sugar.

Nutmeg.

4 Eggs.

$\frac{1}{4}$  Teaspoon salt.

Beat eggs slightly; add sugar and salt, then pour on slowly hot milk. Strain mixture into cups; place cups in a pan of hot water and sprinkle a few gratings of nutmeg over each one. Bake over a low flame until custard is firm and a knife can be inserted and removed without the custard sticking to it. Do not let water in pan boil or custard will whey.

## CHOCOLATE PUDDING

1 Large tablespoon butter.

$\frac{1}{2}$  Cup milk.

$\frac{1}{2}$  Cup sugar.

1 Teaspoon baking powder.

1 Egg.

1 Square Baker's chocolate.

Vanilla.

1 Cup flour.

Beat egg, add sugar, milk and flour mixed and sifted with baking powder. Melt chocolate and butter together, and add to mixture. Flavor with vanilla. Steam 1 hour, and serve with the following sauce.

## PUDDING SAUCE

1 Egg.

$\frac{1}{2}$  Cup hot milk.

1 Cup sugar.

Flavoring.

Beat egg to a froth and add other ingredients.

## DUMPLINGS

1 Pint flour.

1 Cooking spoon lard.

1 Level teaspoon soda.

Milk.

2 Rounding teaspoons cream tartar. Salt.

Work lard into flour which has been mixed and sifted with cream tartar, soda and salt. Add sufficient milk to make a soft dough. Roll and cut into squares. Place slices of cooked apples, peaches or pears, or fresh berries on each square. Fold over and pinch edges. Turn upside down in a bread pan, four to a pan. Make a syrup of 1 cup sugar, 1 tablespoon butter and 1 pint boiling water. Pour syrup over dumplings and bake over a low flame 45 minutes. Serve with or without cream.

## VANILLA ICE CREAM

1 Pint cream.

1 Pint milk.

2 Eggs.

1 Cup sugar.

2 Scant tablespoons flour.

$\frac{1}{3}$  Teaspoon salt.

$1\frac{1}{2}$  Tablespoons vanilla.

Mix sugar, flour and salt. Beat eggs until light; add  $\frac{1}{4}$  cup milk and combine with first mixture. Heat cream and remainder of milk to boiling point and add to mixture. Cook all in double boiler 20 minutes, stirring constantly until smooth. Strain, cool, add flavoring and freeze, using 1 part salt to 3 parts ice. This will serve six persons.

## CHOCOLATE SAUCE for Vanilla Ice Cream

Mix 1 cup sugar and 1 teaspoon cornstarch; add 1 cup boiling water, gradually, stirring until smooth; add melted chocolate and boil until it thickens.

# Gingerbreads and Cookies.

## SOUR CREAM GINGERBREAD

1 Cup molasses.	$\frac{1}{2}$ Teaspoon ginger.
$\frac{1}{4}$ Cup butter.	1 Teaspoon soda.
$\frac{1}{2}$ Cup sour cream.	$2\frac{3}{4}$ Cups flour.

Mix in order given, sifting dry ingredients together. Bake over medium flame, lowering flame in case there should be a tendency to burn.

## MOLASSES GINGERBREAD

1 Cup molasses.	$1\frac{1}{2}$ Teaspoons ginger.
$\frac{1}{2}$ Cup boiling water.	1 Teaspoon soda.
$2\frac{1}{2}$ Cups flour.	$\frac{1}{2}$ Teaspoon salt.
4 Tablespoons melted butter or other shortening.	

Add water to molasses and add dry ingredients which have been mixed and sifted together. Add butter and beat vigorously. Bake in a shallow pan over a medium flame.

## VERMONT GINGERBREAD

1 Cup sugar.	1 Cup sour milk.
2 Tablespoons molasses.	1 Teaspoon salt.
4 Tablespoons melted butter.	1 Dessertspoon cinnamon.
1 Egg.	1 Teaspoon mixed spices.
1 Cup chopped raisins.	1 Teaspoon soda.
2 Cups flour.	

Mix sugar, molasses, butter, salt and spices. Add egg well beaten and sour milk. Sift soda with flour and then sift into mixture. Add raisins and beat 2 minutes. Bake over a medium flame 40 minutes.

## MOLASSES COOKIES

$\frac{1}{2}$ Cup sugar.	$\frac{2}{3}$ Cup cold water for soft cookies or boiling water for crisp cookies.
1 Cup molasses.	
$\frac{1}{2}$ Cup butter or other shortening.	2 Rounding teaspoons soda.
1 Teaspoon salt.	1 Teaspoon ginger.
Sufficient flour to roll out.	

Mix sugar, molasses and shortening. Add water and 2 cups of flour mixed and sifted with soda, salt and spices. Add enough more flour to roll out. Bake over a high flame.

## HERMITS

2 Cups brown sugar.	2 Tablespoons hot water.
1 Cup butter.	1 Cup chopped raisins.
3 Eggs.	$\frac{1}{8}$ Teaspoon ginger.
1 Teaspoon soda.	1 Small teaspoon each of cin-
Flour to mix a soft dough.	namon, cloves and nutmeg.

Combine brown sugar, butter and yolks of eggs well beaten; add whites of eggs beaten until stiff, soda dissolved in hot water, 2 cups of flour mixed and sifted with spices and raisins mixed with a little flour; then add enough more flour to mix a soft dough. Roll out, shape, and make as Molasses Cookies. Use high flame.

## BROWN SUGAR COOKIES

2 Eggs.	1 Teaspoon vanilla.
1 $\frac{1}{3}$ Cups brown sugar.	2 Teaspoons cream tartar.
$\frac{2}{3}$ Cup butter and lard in equal parts.	1 Teaspoon soda.
	$\frac{1}{4}$ Teaspoon salt.
	3 Rounding cups flour.

In measuring sugar, pack solidly in cup. Combine sugar, butter and eggs well beaten. Add flour, soda, cream tartar and salt, mixed and sifted together, and vanilla. Roll thin and shape with a small cutter. Bake like other cookies. Use high flame.

## CREAM COOKIES

2 Eggs.	3 Cups flour.
1 Cup sugar.	3 Teaspoons baking powder.
1 Cup thick cream.	1 Teaspoon salt.
	1 Teaspoon vanilla.

Beat eggs; add sugar, cream, and flour mixed and sifted with baking powder. Chill, shape and bake.  $\frac{1}{2}$  cup caraway seeds may be substituted for vanilla. Use high flame.

## PEANUT COOKIES

2 Tablespoons butter.	$\frac{1}{2}$ Cup flour.
$\frac{1}{4}$ Cup sugar.	2 Tablespoons milk.
1 Egg.	$\frac{1}{2}$ Cup chopped peanuts.
1 Teaspoon baking powder.	$\frac{1}{2}$ Teaspoon lemon juice.
	$\frac{1}{4}$ Teaspoon salt.

Cream butter, add sugar and well beaten egg. Mix and sift flour, baking powder and salt; add to first mixture, then add milk, nuts and lemon juice. Drop from teaspoon on a buttered sheet far enough apart to allow for spreading. Bake 12 to 15 minutes over a high flame.

## GERMAN STUFFED COOKIES

4 Eggs.	1 Teaspoon soda.
2 Cups sugar.	$\frac{1}{2}$ Cup milk (scant).
2 Cups butter.	1 Teaspoon vanilla.
1 Teaspoon cream tartar.	Jelly.
Chopped raisins and walnuts.	Flour to roll out.

Combine ingredients and roll out. Spread on one half, first a layer of jelly, second one of chopped raisins, third one of chopped walnuts. Turn the other half over the portion spread, pat or roll slightly, and shape. Bake in usual way. Use high flame.

## FILLED COOKIES

1 Cup sugar.	3½ Cups flour.
$\frac{1}{2}$ Cup shortening.	2 Teaspoons cream tartar.
1 Egg.	1 Teaspoon soda.
$\frac{1}{2}$ Cup milk.	1 Teaspoon vanilla.

Mix, roll thin and shape. Put cookies in buttered pans, place a teaspoon of filling on each, not allowing it to spread to the edge; place another cookie gently on top and bake in usual way.

### FILLING

1 Cup chopped raisins.	1 Teaspoon flour.
$\frac{1}{2}$ Cup sugar.	$\frac{1}{2}$ Cup water.

Cook until thick, stirring carefully, as it burns easily.

## OATMEAL CRISPS

2½ Cups dry oatmeal.	2 Tablespoons melted butter.
2 Eggs.	2 Teaspoons baking powder.
1 Cup sugar.	$\frac{1}{8}$ Teaspoon salt.
Vanilla to taste.	

Mix, drop on buttered tins and bake in usual way, using high flame.

## LACE CAKES

1 Tablespoon butter well creamed.	$\frac{1}{8}$ Teaspoon salt.
1 Cup sugar.	$\frac{1}{2}$ Cup flour.
2 Scant teaspoons baking powder.	2 Well-beaten eggs.
1 Cup uncooked Rolled Oats.	1 Scant teaspoon
1 Cup Force Breakfast Food.	almond extract.

Mix and drop from teaspoon on buttered tins. Bake over a high flame.

## BROWNIES

1 Cup sugar.	$\frac{1}{2}$ Cup broken walnuts.
$\frac{1}{2}$ Cup flour.	2 Eggs.
$\frac{1}{2}$ Cup melted butter.	2 Squares chocolate.

Mix and bake in a shallow pan, garnishing the top with nuts. Cut in squares. Use high flame.

## CHOCOLATE COOKIES

$\frac{1}{2}$ Cup butter.	2 Squares chocolate.
1 Cup sugar.	$2\frac{1}{2}$ Scant cups flour.
1 Egg.	2 Teaspoons baking powder.
$\frac{1}{4}$ Teaspoon salt.	$\frac{1}{4}$ Cup milk.

Mix in usual way, adding melted chocolate just before adding flour. Roll thin, shape with small cutter and bake, using high flame.

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## Cake.

### Directions for Baking Cake.

The success of a cake depends more upon the baking than the mixing. Cake should begin to rise during the first quarter of the period of baking, continue to rise and begin to brown during the second quarter, continue to brown and finish baking during the remainder of the period. Arrange the flame evenly at the point termed medium. If cake rises too fast or begins to brown too

soon, lower the flame. The progress of baking may be watched through the glass door of the Perfection Oven, or providing it is done carefully, the door may be opened and closed with no danger of the cake falling. After cake has risen to its full height, it may be moved in the oven with safety. Loaf cake requires less heat than small cakes and sponge cake should be baked over a low flame. Butter and flour cake pans or line them with paper.

## PLAIN CAKE

2 Eggs.	2½ Teaspoons baking powder.
1 Cup sugar.	½ Cup milk.
½ Cup butter.	1 Teaspoon vanilla or ¾ tea-spoon lemon extract.
1¾ Cups flour.	

Cream butter, add sugar, yolks of eggs well beaten, milk and flour mixed and sifted with baking powder. Beat whites of eggs until stiff and add with flavoring last.

## "STIRRED UP" CAKE

1 Cup sugar.	1 Teaspoon cream tartar.
1 Cup flour.	¼ Cup butter.
2 Eggs.	Milk.
½ Teaspoon salt.	Vanilla.
	½ Teaspoon soda.

Sift flour, sugar, soda, cream tartar and salt together twice. Put butter in tin measuring cup and melt it. Break the eggs into the cup containing the butter and then fill the remaining space with milk. Pour this on the sifted ingredients, beat vigorously and add vanilla.

## CORNSTARCH CAKE

1 Cup sugar.	½ Cup milk.
½ Cup butter.	Whites of 3 eggs.
½ Cup cornstarch.	½ Teaspoon soda.
1 Heaping cup flour.	1 Teaspoon cream tartar.
	Flavoring to taste.

Cream butter and add sugar. Mix and sift flour, cornstarch, soda and cream tartar and add alternately with the milk. Add eggs beaten until stiff, and flavoring.

## LARGE LAYER CAKE

1 Cup butter.	Whites of 8 eggs.
2 Cups sugar.	1 Cup milk.
3 Cups flour.	2 Rounding teaspoons baking powder.
1 Teaspoon lemon extract.	

Cream butter, add sugar, flour (mixed and sifted with baking powder) alternately with milk, whites of eggs beaten until stiff, and lemon. Bake in 3 tins. Add broken English walnuts to boiled frosting and spread between layers and on top of cake. One-half this recipe makes a cake of good size and yolks of eggs may be used in Gold Cake.

## GOLD CAKE

1 Cup sugar.	1 Teaspoon cream tartar.
$\frac{1}{2}$ Cup butter.	$\frac{1}{2}$ Teaspoon soda.
Yolks of 4 eggs.	2 Cups flour.
$\frac{1}{2}$ Cup milk.	$\frac{3}{4}$ Teaspoon vanilla.

Cream butter, add sugar, eggs well beaten, milk, flour mixed and sifted with soda and cream tartar, and vanilla.

## ORANGE CAKE

$\frac{2}{3}$ Cup butter.	2 Teaspoons orange extract.
2 Cups sugar.	$3\frac{1}{2}$ Cups flour.
Yolks 5 eggs.	1 Cup milk.
Whites of 4 eggs.	3 Rounding teaspoons baking powder.

Cream butter and add 1 cup sugar. Beat yolks of eggs until thick and lemon-colored and add 1 cup sugar. Combine mixtures, beating well, and add orange extract. Mix and sift together flour and baking powder; add alternately with the milk; then fold in whites of 4 eggs beaten until stiff and bake in four shallow Washington pie plates. When cakes are cool, put them together with the following filling between the layers and frost with Orange Frosting.

## FILLING

To the juice of 5 oranges and grated rind of 1 orange add enough powdered sugar to make it of a smooth consistency; then spread.

## ORANGE FROSTING

Grate rind of 1 orange, add 1 tablespoon orange juice and let it stand 1 hour. Squeeze through a fine cloth into a bowl; add white of 1 egg (which remains from cake) and 1 scant cup powdered sugar. Beat 2 minutes and spread on cake.

## CHOCOLATE CAKE NO. 1

1½ Cups sugar.  
½ Cup butter.  
2 Eggs.  
2 Cups flour.

1 Teaspoon soda.  
2 Teaspoons cream tartar.  
1 Cup milk.  
3 Small tablespoons cocoa.  
1 Teaspoon vanilla.

Cream butter, add sugar, whites of eggs beaten until stiff, yolks of eggs beaten, milk, flour, cocoa, cream tartar and soda mixed and sifted together, and vanilla. Frost with Boiled Frosting.

## CHOCOLATE CAKE NO. 2

1½ Cups sugar.  
½ Cup butter.  
2 Eggs.  
½ Cup cocoa.

½ Cup hot water.  
2 Cups flour.  
1 Rounded teaspoon soda.  
2 Teaspoons vanilla.  
½ Cup sour milk.

Cream butter, add sugar, yolks of eggs beaten slightly, sour milk, hot water, flour, soda and cocoa sifted together, vanilla and whites of eggs beaten until stiff.

## FRUIT CAKE

1 Lb. currants.  
1 Lb. seeded raisins.  
½ Lb. citron cut in small pieces.  
1 Cup nut meats, broken.  
Juice of 1 lemon.  
Grated rind of 1 lemon and 1 orange.  
1 Cup molasses.

2 Eggs.  
2 Cups flour.  
1 Teaspoon cinnamon.  
1 Teaspoon nutmeg.  
½ Teaspoon cloves.  
½ Teaspoon salt.  
1 Cup light brown sugar.  
1 Scant cup butter.  
½ Cup coffee with 1 teaspoon soda dissolved in it.

Mix ingredients together with the fingers and let it stand overnight. In morning butter and line with paper two bread pans. Put cake in pans and bake 2 hours over a low flame.

## FRUIT CAKE WITHOUT EGGS

$\frac{1}{2}$ Cup sugar.	4 Tablespoons butter.
$\frac{1}{2}$ Cup molasses.	1 Teaspoon each of cinnamon,
1 Cup sour milk.	cloves, nutmeg and soda.
1 Cup seeded raisins.	2 Cups flour.

Mix and sift flour, spices and soda. Cream butter, add sugar, molasses, sour milk, sifted mixture and raisins. Bake in loaves.

## SPICE CAKE

1 Cup sugar.	$\frac{1}{2}$ Teaspoon cloves.
$\frac{1}{2}$ Cup butter.	1 Cup seeded raisins.
1 Cup sour milk.	$2\frac{1}{4}$ Cups flour.
Yolk of 1 egg.	1 Rounding teaspoon soda.
$\frac{1}{2}$ Teaspoon cinnamon.	

Combine ingredients and bake in loaves. Frost with Boiled Frosting.

## APPLE SAUCE CAKE

1 Cup apple sauce.	$\frac{1}{2}$ Cup butter.
1 Teaspoon soda.	2 Cups flour.
1 Cup sugar.	1 Teaspoon each of cinnamon,
$\frac{1}{2}$ Cup seeded raisins.	cloves and nutmeg.

Cream butter and add sugar. Mix soda in apple sauce and add to butter and sugar. Mix and sift flour and spices, reserving a little flour to mix with raisins, and add to first mixture. Add raisins last.

## HOT MILK CAKE

2 Eggs.	1 Teaspoon butter.
1 Cup sugar.	$\frac{3}{4}$ Teaspoon lemon extract.
1 Cup flour.	1 Teaspoon baking powder.
$\frac{1}{2}$ Cup boiling milk.	

Beat eggs well; add sugar; add flour mixed and sifted with baking powder twice; add hot milk with butter melted in it, and flavoring.

## GENUINE SPONGE CAKE

6 Eggs.  
1 Cup sugar.  
1 Cup flour.

1 Tablespoon lemon juice.  
Grated rind of  $\frac{1}{2}$  lemon.  
 $\frac{1}{4}$  Teaspoon salt.

Beat yolks of eggs until thick and creamy and add sugar a little at a time, beating with an egg-beater. Add lemon juice and grated rind, then the whites of the eggs beaten until stiff. When the whites are partly mixed with the yolks and sugar, add flour mixed and sifted with salt, cutting and folding it into the mixture. Bake 1 hour over a low flame, using a deep narrow pan.

## SPONGE CAKE

$1\frac{1}{2}$  Cups sugar.  
3 Eggs.  
 $\frac{1}{2}$  Cup cold water.

2 Teaspoons cream of tartar.  
2 Cups flour.  
1 Teaspoon lemon extract.  
1 Teaspoon soda.

Beat yolks of eggs until thick; add sugar. Mix and sift together flour, soda and cream tartar and add to eggs and sugar alternately with cold water. Beat whites of eggs until stiff and add to mixture. Flavor. Bake over a flame below medium.

## ANGEL CAKE

Whites 8 eggs.  
1 Cup sugar.  
1 Teaspoon cream tartar.

$\frac{3}{4}$  Cup flour.  
 $\frac{1}{4}$  Teaspoon salt.  
 $\frac{3}{4}$  Teaspoon vanilla.

Beat egg whites until they are frothy, then add cream tartar and beat until they are stiff. Add sugar gradually, continuing the beating. Mix flour and salt and sift 4 times; then fold it into the eggs and sugar and add vanilla. Bake in an unbuttered angel cake pan 40 to 50 minutes. Start with medium flame and lower it after cake rises—sooner, if cake seems to rise too fast.

## WHITE CAKE

1 Cup sugar.	$\frac{1}{2}$ Cup milk.
Whites 3 eggs.	1 $\frac{3}{4}$ Cups flour.
$\frac{1}{3}$ Cup butter.	2 $\frac{1}{2}$ Teaspoons baking powder.
Vanilla and lemon extract.	

Cream butter, add sugar, milk, flour and baking powder sifted together, and egg whites beaten until stiff. Fill a teaspoon  $2/3$  full of vanilla, then fill it with lemon and add to cake. Bake in usual way.

## CREAM CAKES

$\frac{1}{2}$ Cup butter.	4 Eggs.
1 Cup boiling water.	1 Slightly rounding cup of flour.

Put butter and water in a saucepan and place on stove. As soon as it comes to boiling point, add flour all at once, stirring vigorously until mixture is smooth. Remove from stove and add unbeaten eggs one at a time, thoroughly beating each one into the mixture before adding the next. Drop from a spoon on a buttered pan an inch and a half apart, piling mixture slightly in the centre and shaping as nearly round as possible. Bake 30 minutes over a medium flame. When cakes appear to be done, remove one. If it does not fall, it is proof—they are done. When cool, make a cut in each cake and fill with cream.

### FILLING

$\frac{7}{8}$ Cup sugar.	1 Pint milk.
$\frac{1}{3}$ Cup flour.	1 Teaspoon vanilla or $\frac{1}{2}$ tea-
$\frac{1}{8}$ Teaspoon salt.	spoon lemon flavoring.

2 Eggs.

Mix dry ingredients; add eggs beaten slightly. Heat milk and pour it on gradually. Cook in double boiler 15 minutes, stirring constantly until it has thickened. Flavor.

## Frostings for Cake.

### BOILED FROSTING

1 Cup sugar.	White of 1 egg.
$\frac{1}{2}$ Teaspoon cream tartar.	Flavor with lemon.

Beat the white of egg stiff; add 1 tablespoon of the sugar and the cream tartar. Put the rest of the sugar

with a little water on stove and boil until the syrup threads from the spoon. Then pour syrup on egg and beat until it is ready to spread on cake. Flavor. Broken nut meats may be added if desired.

## CHOCOLATE FROSTING

Beat together  $1\frac{1}{2}$  cups powdered sugar, 6 tablespoons grated chocolate and the whites of 2 eggs. Heat in double boiler until mixture has melted and is smooth. Add 1 teaspoon vanilla.

## BROWN SUGAR FROSTING

1 Cup brown sugar.      2 Tablespoons boiling water.  
White of 1 egg.

Boil sugar and water  $2\frac{1}{2}$  minutes after it begins to bubble vigorously. Beat white of egg stiff. Pour syrup over egg and beat until ready to spread.

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## Beverages.

### COFFEE

Allow 1 tablespoon of coffee for each person to be served and one for the pot. Moisten with the white of an egg and sufficient water to make a thick paste. Add as many cups of boiling water as spoonfuls of coffee used. Boil 3 minutes. Pour a little to free the spout of grounds and return it to the pot. Let stand on stove where it will keep hot, but not boil, 10 minutes before serving. For after-dinner coffee, use more coffee to the same amount of liquid.

### TEA

2 Cups boiling water.      3 Teaspoons tea.

Scald an earthen or china teapot and dry it. Put in tea and pour over it the boiling water. Let it stand in a warm place 5 minutes before serving.

### RUSSIAN TEA

Make tea in usual way and serve it hot or cold with a slice of lemon to each cup. Sugar may be added to taste.

## ICED TEA

Strain tea into glasses  $\frac{1}{3}$  full of cracked ice. The flavor is better if chilled quickly. Serve with lemon and sugar to taste.

## COCOA

1½ Tablespoons cocoa.  
2 Tablespoons sugar.

2 Cups milk.  
2 Cups boiling water.

Add sugar and a few grains of salt to cocoa, mix with  $\frac{1}{2}$  cup boiling water and stir to a smooth paste; add the remaining water and boil 1 minute. Add scalding milk and beat with an egg-beater to prevent scum forming.

## To Make Chocolate for an Afternoon "At Home"

Provide 1 pound Baker's chocolate for every twenty guests. Cut each pound into small pieces and add a pint of boiling water and 1 pound of brown sugar. Boil together until a thick syrup is formed which is smooth and creamy, stirring often.

Allow 1 quart of milk to every quart of chocolate syrup if a rich beverage is desired. Heat milk and add gradually to syrup until it is sufficiently thinned to pour well. Remove from fire, add vanilla if desired, and beat with an egg-beater.

## GRAPE JUICE

Select grapes which are not over-ripe. Add  $\frac{1}{2}$  pint water to 3 quarts of fruit and boil, stirring occasionally, until fruit is soft. Pour into a cheesecloth and drain overnight. Add  $\frac{3}{4}$  pound of sugar to 1 quart of juice and bring it to boiling point. Boil a few minutes and skim thoroughly. Bottle and seal with melted Parowax. Keep in a cool, dark place.

## RASPBERRY SHRUB

Cover 4 quarts berries with vinegar and let stand 24 hours. Drain off liquid, squeeze out juice and measure the whole. Add an equal measure of sugar. Put in kettle and boil 20 minutes. Bottle, seal with Parowax and keep in a cool dark place.

## Candies.

Candy making is more successful on a clear day, as a damp atmosphere affects the boiling of sugar.

### CHOCOLATE FUDGE

3 Cups sugar.

$\frac{1}{2}$  Cup milk.

2 Squares chocolate.

Butter size of an egg.

2 Tablespoons molasses.

Mix ingredients and boil six minutes, stirring constantly. Remove from stove, add one teaspoon vanilla and beat until it begins to grain. Pour in buttered tins and cut in squares when sufficiently cool.

### DIVINITY FUDGE

2 $\frac{1}{2}$  Cups sugar.

$\frac{1}{2}$  Cup water.

$\frac{1}{2}$  Cup Karo corn syrup.

Whites 2 eggs.

1 Cup broken walnuts.

Mix sugar, syrup and water, and boil until when dropped in cold water mixture will form a firm ball between the fingers. Beat the eggs stiff. Pour half the boiling mixture over the eggs, beating constantly. Return the remaining half of mixture to stove and boil until when dropped in cold water it forms a hard ball. Then remove from the stove and pour slowly into the first half, beating constantly. Add walnuts and vanilla, pour into a buttered pan, and cut in squares.

### PEANUT BUTTER FUDGE

2 Cups powdered sugar.

1 Cup milk.

2 Heaping tablespoons peanut butter.

Mix ingredients and place over flame. When it begins to boil vigorously, cook 5 minutes. Beat, pour in buttered pan and cut in squares.

### PENOCHÉ

1 Lb. brown sugar.

1 Cup milk.

2 Lbs. English walnuts,  
broken.

Butter half the size of an egg.

Mix ingredients and boil until syrup threads from a spoon. Remove from stove, add nuts and vanilla, beat until it creams, pour in buttered pans and cut in squares.

## ICE CREAM CANDY

3 Cups sugar.

$\frac{1}{2}$  Cup hot water.

$\frac{1}{4}$  Teaspoon cream tartar.

$\frac{1}{2}$  Tablespoon vinegar.

Boil ingredients together, without stirring, until mixture becomes brittle when tried in cold water. Turn on buttered plates. As edges cool, fold them toward the center. When sufficiently cool to handle, pull until white and glossy. While pulling flavor with vanilla, orange, chocolate or any preferred flavoring. Cut with scissors or a sharp knife.

## MOLASSES CANDY

2 Cups molasses.

1 Tablespoon vinegar.

1 Cup sugar.

Butter size of a walnut.

Boil ingredients together until mixture will become brittle when dropped in cold water. Remove from fire, stir in  $\frac{1}{3}$  teaspoon baking soda, cool in buttered pan sufficiently to pull. Pull and cut, using scissors or a sharp knife.

## BUTTER SCOTCH

2 Cups sugar.

2 Tablespoons water.

Butter size of an egg.

Mix ingredients and boil, without stirring, until it hardens when dropped in cold water. Pour into a buttered shallow pan and crease in squares.

## CARAMELS

$\frac{1}{2}$  Cup molasses.

$\frac{1}{2}$  Cup milk.

1 Cup sugar.

$\frac{1}{2}$  Large tablespoon flour.

Butter size of an egg.

$\frac{1}{4}$  Lb. chocolate.

Mix sugar and flour; add other ingredients and boil until mixture will form a hard ball when dropped in cold water. Turn into a buttered pan and cut in squares.

## Directions for Canning.

Always use a porcelain-lined or granite-ware kettle. Fruit for canning should be fresh, perfect and not overripe. Allow  $\frac{1}{3}$  its weight in sugar and  $2\frac{1}{2}$  or 3 cups of water to each pound of sugar. Make a thin syrup by boiling sugar and water 10 minutes; then cook a small quantity of the fruit at a time in the syrup, that the fruit may keep its shape. When filling the jars, if there is not enough syrup, add boiling water, as the jars must be filled to overflowing. Heat the jars gradually by rolling them in warm water, then set them in a pan of warm water and pour boiling water into them. Turn out water, place rubbers which have been dipped in hot water, and fill immediately, letting the jars stand in the pan of water or on a cloth wrung from hot water while being filled. Insert a spoon between fruit and jar that air bubbles may rise to the top. Place covers, which have been standing in hot water, and fasten tightly. Use new rubbers each season. Jars, bottles, glasses, etc., can best be sealed by the use of Parowax.

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### Directions for Sealing with PAROWAX (Pure Refined Paraffine)

#### JELLY GLASSES

After the preserves have thoroughly cooled, be careful to clean off the inside rim of the glass with a damp cloth. Then pour about a quarter of an inch of melted Parowax over the preserves. As soon as the Parowax cools the glasses may be set away. The preserves are now air-tight and no other cover is necessary.

#### FRUIT JARS, BOTTLES, ETC.

After cover or cork has been securely fastened, allow the preserves to cool. Then dip top of jar or bottle into a pan of melted Parowax, immersing it well down over the top so that all openings will be filled with the Parowax.

Parowax is on sale in one and half pound packages at grocers, druggists, and general stores, everywhere.

## CANNED PEACHES

Pour boiling water over peaches and allow them to stand until the skins loosen. Peel, cut in halves and cook at once to prevent fruit's discoloring, following the directions given for canning. Many prefer to cook a few of the peach stones in the syrup, thinking they add to the flavor. Cook until fruit can be pierced with a stiff straw.

## CANNED PEARS

Pare fruit and cook whole with stems left on, or cut in halves or quarters, removing cores. A small piece of ginger root or lemon rind may be cooked with the syrup. Cook until fruit looks transparent and can be pierced easily with a stiff straw or a knitting needle.

## CANNED BLUEBERRIES OR HUCKLEBERRIES

Pick over berries, wash them and place in a preserving kettle with just enough water to keep them from burning. Cook until soft and put in jars.

## CANNED RASPBERRIES OR STRAWBERRIES

Select firm raspberries or firm, rather small strawberries. Heat jars and fill them to the rim with berries. Make a syrup of equal parts sugar and water. Pour boiling syrup over fruit, filling the jars to overflowing, and snap the covers. Place jars in a tub or other receptacle deep enough to hold water to cover them. Pour boiling water into the tub until jars are submerged and allow them to stand in the water until it is cold, when fruit will be found perfectly cooked. Berries canned in this way retain color, shape and fresh flavor.

## CANNED TOMATOES

Pour boiling water over ripe tomatoes and remove skins; cut in pieces, put in a preserving kettle and cook slowly without the addition of water until thoroughly scalded. Fill jars according to directions.

## TOMATOES CANNED WHOLE FOR WINTER

Select firm smooth fruit, not over-ripe and of a size to slip into the ordinary fruit jar. Peel without breaking

and with as little scalding as possible. Have ready a preserving kettle full of water which has been salted slightly only enough to taste. Just before the water reaches boiling point, drop in the tomatoes one layer at a time and heat them through thoroughly. Do not allow the water to boil. Put fruit in jars, fill with the hot salted water and cover quickly. Seal tops of jars with Parowax according to directions given.

## ORANGE MARMALADE

8 Oranges.      4 Lemons.      4 Lbs. cut sugar.

Remove peel from fruit and cook until soft in enough water to cover; drain and scrape white part from rind with a spoon. Cut thin yellow rind in strips with scissors. Divide oranges in section, remove seeds and tough skin and put them into a preserving kettle. Heat gradually to boiling point, add sugar gradually and cook very slowly over a low flame 1 hour. Add the rind and cook 1 hour longer; then turn into glasses.

## RHUBARB JAM

6 Lbs. rhubarb.      5 Lbs. sugar.  
2 Lemons.      1 Lb. figs or strawberries, according to taste.

Cut rhubarb in small pieces with skin on, mix with sugar and let stand overnight. In the morning cut figs (or strawberries) and lemons in small pieces, add to rhubarb and sugar and cook very slowly over a low flame 4 hours.

## APPLE JELLY

Sour crab-apples, porters, gravensteins and greenings all make good jelly.

Wipe apples; remove stems and blossom ends, and cut in quarters, save in the case of crab-apples, which may be kept whole. Put in preserving kettle and add water until it comes nearly to the top of the apples. Cover and cook slowly until apples are soft; then mash and drain through a coarse wire strainer or a sieve, but do not squeeze them. Let the juice drip through a double thickness of cheesecloth. Boil strained juice 20 minutes, then measure and

add an equal measure of heated sugar. Boil 5 minutes, skim and test by putting a teaspoonful in a saucer, setting it in a cold place for a minute and then scraping it with a spoon. If the surface has partly jellied turn the jelly at once into glasses which have been rolled in hot water. In case liquid does not begin to jelly under the test, boil longer. Seal the glasses with melted Parowax after jelly has stiffened and stood 24 hours—preferably in a sunny window.

## CURRENT JELLY

Select firm currants; pick them over but do not remove stems. A lighter colored jelly may be obtained by using equal quantities of red and white currants. Wash, drain and mash with a wooden potato masher, a few at a time, in the bottom of the preserving kettle. When all are mashed, cook slowly until the color leaves the currants; strain through a coarse strainer and let juice drip through a double thickness of cheesecloth. Measure, heat to boiling point and cook 5 minutes; then add an equal measure of heated sugar, boil 3 minutes; skim; test as in Apple Jelly and turn into glasses. Let stand 24 hours—preferably in a sunny window—then seal tops with melted Parowax.

## GRAPE JELLY

Wash grapes and remove stems. Heat to boiling point in a preserving kettle over a low flame; mash and boil 30 minutes; then strain and proceed as with Currant Jelly. Seal with Parowax.

## SPICED JELLY

1 Peck grapes.

1 Quart vinegar.

6 Lbs. sugar.

2 Tablespoons each of whole cloves and broken stick cinnamon.

Put all but sugar into kettle and heat slowly. Cook until grapes are soft. Strain through a double thickness of cheesecloth and boil 20 minutes. Add sugar, boil 5 minutes, test as for Apple Jelly and turn into glasses. Seal with Parowax.

## SWEET PICKLED PEACHES OR PEARS

Remove skins from fruit and cut in halves. Stick 2 whole cloves in each piece of fruit and cook until soft in a syrup made by boiling together for 20 minutes 2 lbs. brown sugar, 1 pint vinegar and 1 ounce stick cinnamon. This amount of syrup will serve to cook 1 peck of fruit. Seal in glass jars with Parowax.

## SLICED TOMATO SWEET PICKLE

1 Peck tomatoes.	4 Lbs. brown sugar.
6 Onions.	2 Heaping tablespoons mixed
1 Quart vinegar.	whole spices.

Put vinegar, sugar and spices on to boil together. When boiling point is reached, add the prepared tomatoes and onions and cook until they are tender. To prepare tomatoes and onions, slice, sprinkle with salt and let stand overnight in an earthen dish or stone crock with a weight on top to aid in removing juice. In the morning, drain, scald in water to which some vinegar has been added, and drain again.

## VIRGINIA CHOW CHOW

3 Heads cabbage.	1½ Dozen red and green pep-
½ Peck ripe tomatoes.	pers (seeds removed).
¼ Peck green tomatoes.	2 Lbs. brown sugar.
1½ Dozen onions.	1 Teacup grated horseradish.
1 Tablespoon black	1 Ounce tumeric.
pepper seed.	1 Ounce celery seed.
1 Tablespoon ground mustard.	

Chop all finely; add 1 pint of fine salt and let stand overnight; then put in a wire basket to drain, after which put in kettle with spice; cover with vinegar and boil a few minutes.

## CORN RELISH

Chop 1 head of cabbage, sprinkle with salt and let stand 1 hour. Boil 12 small ears of corn and cut the corn from the cob. To the corn add 4 large onions, 1 large or 2 small red peppers, and chop all together; add chopped

cabbage and cover with a dressing made of  $1\frac{1}{2}$  quarts vinegar, 1 tablespoon mustard, 2 teaspoons salt, 1 tablespoon celery seed, 1 cup sugar. Let all come to a boil; then add 1 tablespoon flour and 1 small teaspoon tumeric mixed together. Cook a few minutes.

## CHILI SAUCE

9 Large ripe tomatoes.

$\frac{1}{2}$  Cup sugar.

2 Onions.

1 Cup vinegar.

1 Green pepper.

1 Tablespoon salt.

1 Teaspoon each of allspice, cinnamon, cloves and mustard.

Chop onions and green pepper, add tomatoes cut in pieces and sugar, and boil until thick; add vinegar, salt and spices and boil 5 minutes. Seal in glass jars with Parowax.

## TOMATO CATSUP

Put 2 quarts of ripe tomato pulp, 1 finely chopped onion, 2 tablespoons salt and 3 tablespoons brown sugar into a preserving kettle. Boil until thick; then push through a strainer, reserving nothing but seeds. Return it to stove, add 2 tablespoons ground mustard, 1 tablespoon each of allspice and cinnamon, 1 teaspoon ground cloves, 1 teaspoon cayenne, 1 grated nutmeg and 2 cups vinegar. Bring to a boil again and pour into bottles. The flavoring of catsup depends very largely on individual taste; more or less of condiments given may be used. Seal bottles with Parowax.

## CUCUMBER PICKLES NO. 1

Fill jars with small green cucumbers and pour over them 1 gallon strong cider vinegar, with which has been mixed 1 cup mustard and 1 cup salt.

## CUCUMBER PICKLES NO. 2

Put 4 quarts small green cucumbers in a stone jar and pour over them 2 quarts boiling water in which 1 cup salt has been dissolved. Let stand 3 days; drain; bring brine to boiling point, pour over cucumbers, and again let stand

3 days; repeat process and then cook cucumbers in 1 gallon vinegar to which is added 4 red peppers, 2 sticks cinnamon, 2 tablespoons cloves and 2 tablespoons whole allspice. Put pickles in stone jar and pour the remaining vinegar mixture over them. Divide the vinegar and pickles in order to cook a small quantity at a time.

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## Foods Prepared for the Sick.

### OATMEAL WATER

Boil 2 quarts water and cool it; add 1 cup of oatmeal (not rolled oats) and let stand in a warm place (about 80° F.) 1½ hours; then strain and cool.

### OATMEAL GRUEL

Add ½ cup coarse oatmeal and a little salt to 3 cups of boiling water. Cook in a double boiler three hours. If rolled oats be substituted for oatmeal, a little shorter time will be sufficient. Put through a strainer; add sufficient milk or cream to make it of the desired consistency and heat and strain again.

### CORNMEAL GRUEL

Mix 2 tablespoons cornmeal with one tablespoon flour and a little salt; add enough water to make a thin mixture and stir into 1½ pints of boiling water. Let it boil slowly 1 hour if directly over the flame and dilute with milk; or it may be made with milk and cooked in a double boiler for 3¼ hours.

### ARROWROOT GRUEL

Use 1 teaspoon arrowroot to each half cup of boiling water. Mix with cold water to make a thin paste, adding a bit of salt; then add boiling water and cook 10 minutes. Cream or milk may be added if desired.

## BEEF TEA

Secure 1 lb. steak from top of round; wipe, cut in small pieces, removing fat, and soak 15 minutes in 1 pint of cold water. Put meat and water in a glass fruit jar and cover jar. Place on a trivet in a kettle of cold water, allow water to heat slowly, then cook for 3 hours. Strain, season, and heat again before serving.

## CHICKEN OR MUTTON BROTH

Clean and dry it or wipe mutton with a damp cloth. Cut in pieces, place in kettle with the bones, and cover with cold water. Let it heat gradually to boiling point; skim, and add salt and pepper. Cook slowly over a low flame until meat is tender; then strain and remove fat. Heat again, add washed rice and cook until the rice is soft.

There should be about 3 pints of stock from 1 chicken and to that amount of stock add 2 tablespoons rice. A little of the meat may be served with the mutton broth.

## BROILED IN BUTTERED PAPER

A lamb chop, beefsteak tenderloin, breast of chicken or a small boned bird may be broiled in buttered paper. Take a sheet of letter paper, butter it and place meat on one half of sheet, fold over the other half, bring edges together and fold all the edges three times. Place on the Perfection Broiler and cook 10 minutes over a low flame, taking care that the paper does not burn. Season with salt, pepper and butter, and serve on toast.



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## Cook-Book

